

**Meniscal Repair
Dr. Souster**

Week	Goals	Brace	Strength Exercises	ROM Exercises
2	<ul style="list-style-type: none"> - Control Pain, inflammation, and effusion - Independent in HEP - Ambulate w/o assistive device in extension brace 	Brace locked at 0° WBAT* *TTWB if radial repair x 6 weeks	<ul style="list-style-type: none"> - Quad sets - SLR - Prone hip extension - side lying hip abduction - Stool laps - Calf raises 	<ul style="list-style-type: none"> - Passive, 0-90 - Hamstring Stretch - Bike for ROM only - Seated assisted heel slides with towel - Prone hangs to facilitate extension - Prone flexion with rope to facilitate flex - Supine swiss ball knee flexion
6	<ul style="list-style-type: none"> - Control pain, effusion, edema - FWB with good quad control - gain full knee ROM - Neuromuscular re-education for quadriceps 	Brace locked at 0° WBAT*	<ul style="list-style-type: none"> - Quad sets w/ Biofeedback - Heelwalks/Calf Raises - Hip flex/abd/add/ext 4 way SLR's - low resistance bilateral leg press w/ limited ROM (begin at week 4) - Supine Swiss Ball Curls for Hamstrings - Open chain resisted knee extension - open chain hamstring curls - balance exercises 	<ul style="list-style-type: none"> - PROM, full by end of 6 - 10weeks - Bike - Prone hangs as needed - Prone flexion to reach goal
12	<ul style="list-style-type: none"> - Progression of LE strength - Gain full knee ROM 	D/C brace at 6 weeks	<ul style="list-style-type: none"> - Open chain resisted knee extension - open chain hamstring curls - balance exercises - leg press bilateral w/ limited ROM gradual progression with resistance level and ROM 	<ul style="list-style-type: none"> - PROM, full by end of 6 - 10weeks - Bike - Prone hangs as needed - Prone flexion to reach goal
2- 20	<ul style="list-style-type: none"> - Improve neuromuscular control - Progress skill training for sport - Achieve maximal strength and endurance required for return to sport - Return to Sport after follow up M.D. appointment at 6 months and passing scores on Isokinetic/Functional testing 	NA	<ul style="list-style-type: none"> - Open chain resisted knee extension - open chain hamstring curls - balance exercises - leg press bilateral and unilateral - sports specific exercises - begin jogging at week 12 - plyometrics at week 16 - Functional testing at week 20 	<ul style="list-style-type: none"> - Ensure full knee extension