



Carrie Baxter; PT

Brent Brittain; PT

Heather Martens; PT

Anita Khokhar; PTA

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1818 E. 23<sup>rd</sup> Avenue . Hutchinson, KS 67502-1106 . Phone 620-665-7766 . Fax 620-662-2811

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## Isolated Meniscal Repair Large

### PHASE I

#### 0-2 Days

Brace: Brace Knee locked at 0 degrees

Gait: Weight bearing as tolerated on crutches

Exercises:     AROM  
                  Heel Slides  
                  Quad sets  
                  Straight Leg raise  
                  Hamstring sets  
                  Ankle pumps

#### 2 days – 5 weeks

Brace: Open brace to 10 degrees at post op day 2  
          Open brace to 20 degrees at week one  
          Open brace to 45 degrees at week three  
          Open brace to 60 degrees at week five  
          D/C use of brace at week six

Gait: Partial weight bearing increasing to full weight bearing as tolerated by the patient.  
          Goal is to be full weight bearing by 14 days post op. Progress to weight bearing with one crutch prior to ambulating without crutches. Can progress to walking without crutches when they can demonstrate walking with a minimal limp.

Exercises:     Continue previous exercise program  
(out of brace) Passive knee extension  
                  Hamstring, calf and IT band stretches as needed  
                  Patellar mobilization  
                  Resisted hip flexion, extension, adduction, and abduction

\*\* Special consideration: No weight bearing activity with knee in greater flexion than that allowed by the brace.

#### 6 weeks

Brace:           Discontinue brace

Exercises:     Continue previous exercise program  
                  Begin closed chain exercises and stationary bike  
                  Progress to:  
                  Leg press, hip sled  
                  BAPS board/KAT when they are FWB without crutches – begin in sitting  
                  Start step-ups, forward and to the side, beginning with 4-inch step

## Partial Lunges

### PHASE II

**8-9 weeks**

Exercise: Continue previous exercise program  
May start hamstring PRE if no hamstring or pes anserinus pain  
Begin cross training activities such as stair-stepper, Nordic track, or elliptical trainer  
May begin proprioceptive activities on mini tramp when patient can perform a single leg stand for longer than 20 seconds

### PHASE III

**10-11 weeks**

Exercise: Continue with previous exercises  
Increase proprioceptive activities – slide-board, theraband  
Ascend/descend stairs without pain or compensation

**12 weeks**

Exercise: Begin jogging if good quad tone

**13-14 weeks**

Exercise: Continue with strengthening  
Begin agility drills

**16-24 weeks**

Exercise: Begin run and cut activities at 16 weeks when cleared by physician  
Plyometrics  
Begin sport specific conditioning as strength and endurance improve  
Perform function test at 20 weeks  
Anticipate return to sports 4-6 months post op

Disclaiming statement: The doctor's orders and the therapist's evaluation supersede any standing protocols.