

CAPE COD SPORTS MEDICINE INC.

ORTHOPEDIC SURGEON

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REHAB: MENISCAL REPAIR

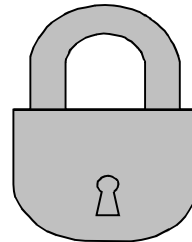
UPDATED: FEB 2004

ISOLATED MENISCUS REPAIR ONLY:

POST-OP: In ROM brace at all times, except may remove for therapy. Ice to knee.

PHASE I: PROTECTIVE PHASE: Weeks 0-2.

- ROM Brace 20-60°
- NWB with crutches
- P.T. (may remove brace)
 - Warm-up x 20 min
 - PROM 10-70°
 - Patellar mobilization
 - Quad & HS isometrics
 - E-Stim
 - Ice and stretch at completion

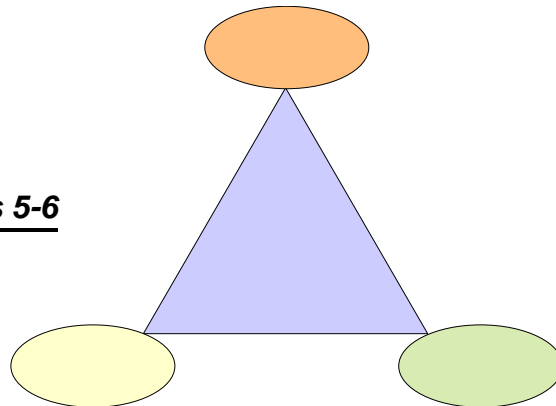


PHASE II: MOBILIZATION PHASE Weeks 3-4.

- ROM Brace 10-90°
- PWB with crutches (50% BW)
- PT: Add to above
 - PROM 0-100°
 - Proprioception Activities
 - Modalities as needed

PHASE III: WEIGHTBEARING PHASE Weeks 5-6

- ROM Brace: unrestricted 0-140°
- FWB with crutches
- PT: Add to above:
 - Shuttle run in brace
 - Step-ups
 - Isometrics-Isotonics
 - Strain-Counterstrain
 - Progressive Resistive Exercises (PRE's)



At 6 weeks may discontinue brace & crutches, continue therapy and develop home program.

ACL WITH MENISCUS REPAIR

When ACL and meniscus **repair** done simultaneously, use the ROM-bracing guidelines above, and Weightbearing status as above, but otherwise follow ACL-Rehab protocol.