

## CAPE COD SPORTS MEDICINE INC.

ORTHOPEDIC SURGEON

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### **REHAB: MENISCAL REPAIR**

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#### **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

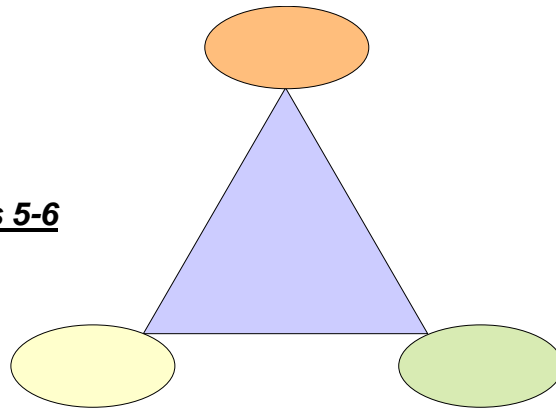


#### **PHASE II: MOBILIZATION PHASE Weeks 3-4.**

- 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.