



## Sports Medicine

# Knee Scope with Meniscal Repair

### Brace/Crutches:

- Toe touch weight bearing unless otherwise instructed
- 1-4 weeks s/p brace locked in full extension for ambulation and while sleeping until full extension.
- Wean off brace & crutches when full extension reached straight leg raise performed without lag, normal gait per therapist.

### Restrictions:

- No flexion past 90-100 degrees for 3-4 weeks unless otherwise instructed
- No weight bearing for 3-4 weeks.

### Range of Motion:

**Increase range of motion daily as tolerated after 4 weeks.**

### Modalities:

- At Therapists Discretion
- Patella Mobs
- ICE use 3-4 x/day for first 10-14 days.

### Aquatic Therapy:

- Once wounds well healed
- Ambulation training
- No flexion past 90-100 degrees

### Bracing:

- Prescribed by physician

### Return to Activities:

Golf: 8-12wks chip & putt, 50% swing  
 Field Sports: 3-6 mths  
 Skiing: 4-6 mths



## Phase 1 - Protection/Range of Motion (Post-Op Weeks: 0-4)

**Goal:** Protect Repair, Control Inflammation, Full Bilateral Extension, Flexion  $\geq 90^{\circ}$  -  $100^{\circ}$ , obtain normal gait patterns

### A. Protection/Immediately Post-Op

**Weeks 2-4**

A/PROM to 90-100 Degrees

Full Extension needs to be achieved

Quad Activation w/ quad sets & straight leg raise

Stretching lower extremity

Stationary bike (Flexion  $105^{\circ}$ ) (No resistance)

**Advance:** patient has good quad sets, straight leg raise w/o extension lag.

## Phase 2 - Range of Motion (Post-Op Weeks: 4-6)

**Goal:** Restore normal gait, Protect repair, maintain full extension & progress flexion range of motion, control swelling.

### A. Progress range of motion

**Week 4-6**

Continue Phase 1 Exercises

Stationary bike-progress adding resistance (Outside flat riding OK)

Start some simple Balance Exercises

Begin Closed chain double leg strengthening w/ no added resistance

Hamstring Exercises as tolerated, Teach Sport Cord HEP

**Advance:** to next phase when patient has full active range of motion and normal gait

## Phase 3 - Strengthening (Post-Op: 5 weeks to 3-4 months)

**Goal:** Protect Repair, Keep Full range of motion, Improve strength, endurance, and proprioception

### A. Strengthening:

Advance closed chain strengthening to single leg as tolerated

Progress proprioceptive activities as tolerated

### B. Functional:

**Week 8-12**

Running progression as tolerated

Golf Short Game Progression 50% swing (chipping and putting)

**Advance:** patient has pain free range of motion, full and pain free patella motion, sufficient strength (75% rep max leg press/Hamstring curl)

## Phase 4 - Function Progression (Post-Op: 3-6months)

**Goal:** Strengthen, Neuromuscular control in functional activities, patient education to return to play

Progress flexibility and strengthening programs

Initiate Plyometric program per patient's goals

Functional/Sport Specific drills as appropriate for patient.

Progress Proprioception

Gradual return to sports participation in later stages of rehab

Maintain programs for strength endurance, proprioception