

## **Meniscal Repair Protocol (No root involvement)- Highlights**

**ROM 0-30° for weeks 1 and 2**

**ROM 0-60° for weeks 3 and 4**

**ROM 0-90° for weeks 5 and 6**

**Brace locked in extension for weeks 1-2 while walking and sleeping**

**0-30° weeks 3-4 while walking and sleeping**

**0-60° weeks 4-5 while walking and sleeping**

**No Deep flexion loading > 90° for 10 weeks**

**PWB 6 weeks**

**25% Week 1-2**

**50% Week 3-4**

**75% Week 5-6**

**WBAT Week 6+**

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Sydney Orthopaedic Trauma & Reconstructive Surgery Suite 201, Level 2, 131 Princes Hwy, Kogarah NSW 2217 (Cnr South Street) Provider No. 435637HF  
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<b>Stage</b>	<b>Goals</b>	<b>Weight Bearing</b>	<b>ROM/Cardio</b>	<b>Exercises</b>
<b>Stage 1</b> <b>Weeks 0-6</b> <b>Recovery and Protected - Weight Bearing Phase</b>	1. Swelling Control (rest, ice, compression and elevation) 2. Range of Motion within prescribed limits 3. Quadriceps Activation 4. Limit Muscle Loss	PWB as above  ROM Brace <b>locked in extension when mobilizing for 2 weeks</b>  ROM brace <b>0-30° when mobilizing and sleeping weeks 3-4, 0-60° week 5-6</b>	Rom Brace as per prescribed post-op orders Passive and active assisted Heel Slides Patella Mobilizations	Multi Plane SLR Multi Plane Hip Range IRQ Static quads, hamstrings, calf pumps Prone Hangs Therabands
<b>Stage 2</b> <b>Weeks 6-8</b> <b>Early Weight Bearing and</b>	1. ROM 2. Gait Re-Training and quads control 3. Strengthening	PWB then progress to WBAT	Stationary Bike, no resistance to begin Treadmill Walking Re-establish ROM	<b>**Body Weight Strengthening only</b> Half squats, Ball squats Wall slides

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<p><b>Strength Training</b></p>		<p>ROM brace 0-90° when mobilizing</p> <p>ROM brace not required for exercises or at rest</p>	<p>No deep weight bearing &lt; 90°</p>	<p>Bridges</p> <p>Forward lunges to 60°</p>
<p><b>Stage 3 Weeks 8-16 Strengthening</b></p>	<p>1. Enhance Strengthening</p> <p>2. Loading &gt; body weight</p>	<p>WBAT</p>	<p>Full ROM</p> <p>Start Treadmill Walking week 8</p> <p>Start Elliptical Week 10</p> <p>Start inline Jogging week 12 – if quads index &gt;80% contralateral limb</p> <p>No cutting or pivoting until week 16</p>	<p>Quads, hamstrings, calf strengthening</p> <p>Hip abductor and adductor strengthening</p> <p>Squats (to chair if appropriate)</p> <p>Step downs- front, back and lateral</p> <p>Lateral Lunges</p> <p>Romanian Deadlift unloaded from week 8, loaded week 10</p> <p><b><u>From Week 12</u></b></p> <p>Single leg squats to 90°</p>

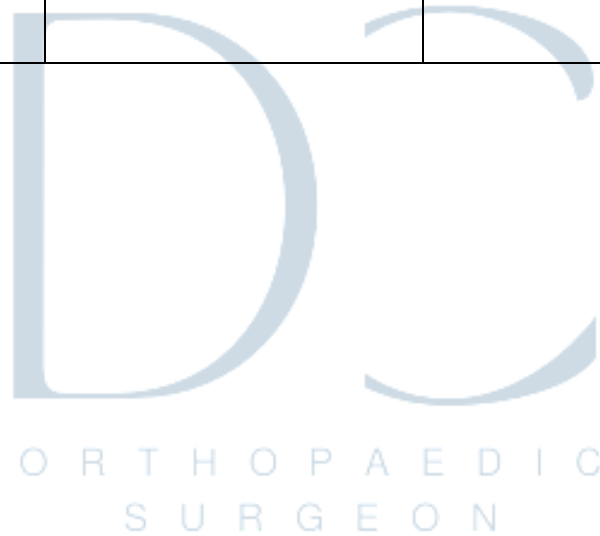
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				Loaded Squats and Deadlift from week 12 Single limb balance and proprioception
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<p><b>Stage 4</b> <b>Week 16+</b> <b>Return to Sport</b></p>	<ol style="list-style-type: none"> <li>1. Integrate Plyometrics</li> <li>2. Return to Functional Activity</li> <li>3. Agility Training</li> </ol>	<p>WBAT</p>	<p>Multi-plane plyometrics Multi-plane Agility Cutting and Pivoting Exercises Ladder Drills Landing Mechanics</p>	<p><b>Return to Sport Criteria</b> Single Leg hop Quads index &gt; 95% Hamstrings index &gt;95% Pain and swelling free post exercise</p>
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