



JASON A. FREEDMAN, M.D.

Orthopaedic Surgery

Sports Medicine • Arthroscopy • Shoulder Reconstruction



Cambridge Health Alliance

Department of Orthopaedics • 617-665-1566

The Cambridge Hospital • 1483 Cambridge Street • Cambridge, MA 02139 • fax 617-665-2699
Assembly Square Orthopaedic Center • 5 Middlesex Ave • Somerville, MA 02145 • fax 617-591-4690

www.freedmanorthomd.com



Arthroscopic Meniscus Repair Post-Operative Rehabilitation Protocol

Phase I: 0 – 6 weeks

- Touch-down weight bearing until week five
- Passive knee ROM exercises (see figures below)
 - Extension
 - Passive extension – sit in a chair and place your heel on the edge of a stool or chair; relax thigh muscles and let the knee sag under it's own weight until maximum extension is achieved.
 - Heel props – place rolled up towel under the heel and allow leg to relax
 - Prone hangs – lie face down on a table/bed with the legs hanging off the edge of the table; allow the legs to sag into full extension.
 - Flexion - limited to 90°
 - Passive flexion – sit on chair/edge of bed and let knee bend under gravity; may use the other leg to support and control flexion
 - Wall slides – Lie on your back with the involved foot on the wall and allow the foot to slide down the wall by bending the knee; use other leg to apply pressure downward.
 - Heel slides – Use your good leg to pull the involved heel toward the buttocks, flexing the knee. Hold for 5 seconds; straighten the leg by sliding the heel downward and hold for 5 seconds.
- Quadriceps isometric sets in full extension
- Straight leg raises
- Hamstring isometric sets in full extension
- Patella mobilization
- Hip abduction, adduction
- Ankle ROM and gastoc-soleus strengthening with tubing/therabands

Phase II: Weeks 6 – 12

- Progress to full weight bearing
- Advance flexion as tolerated
- Stationary bicycling – begin with no resistance, with goal of 45 minutes for endurance training; then may gradually increase resistance
- Treadmill walking / elliptical trainer (slow speed, no incline) – begin with 5-10 minute duration; advance 5 minutes/week
- Standing Hamstring curls
- Standing toe raises
- Partial squats at 8 – 10 weeks (less than 90° flexion)
- At 8 weeks, add closed chain progressive resistance exercises (PRE), lateral step-ups

Phase III: Weeks 12 – 16

- Continue previous exercises with progressive resistance
- Begin running program – begin on treadmill or soft track; start with 1 minute running, 4 minute walking intervals; increase running by 1 minute/week (with decrease in walking interval) with goal of 20 minutes of continuous running after 5 weeks
- Increase plyometric exercises
- Add sport specific drills
- No deep knee squats until 4 – 6 months
- Return to normal sports/strenuous activities at 4 – 6 months when complete functional training: full, pain free ROM, normal gait, normal balance and proprioception, near-normal leg strength

EXERCISE FIGURES

Heel props



Prone hangs



Passive flexion



Wall slides



Heel slides



Straight leg raises



Partial squats

