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Complex Meniscus Repair Rehabilitation Protocol

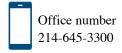
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Phase Weeks 0 - 6	Goals • Protect surgical site • PRICE principles • Active ROM: 0-90 degree • Reduce muscle atrophy • Reduce swelling • Decrease pain and inflammation	 ROM: 0-90 degrees. (Progress to as tolerated at 4 weeks with surgeon approval) TWB with the knee in full extension using crutches. (PWB at 4 weeks with surgeon approval) Immobilizer must be on at all times when walking (locked in extension) 	 PRICE Cryotherapy: 5-7 times per day Compression with TubiGrip/TEDS ROM: limited to 0-90 deg: Heel slides Prone knee hangs/Supine knee extension with towel under ankle Patella mobilizations Quadriceps recruitment Global LE isometric/proximal hip strengthening Gait training with crutches Initial Visit: FOTO, LEFS
Weeks 6 – 12	 Full ROM Reduce atrophy/progress strengthening Reduce swelling Normalize gait SLR without extensor lag 	 ROM: as tolerated Progress to WBAT at 6 weeks and wean from crutches Discontinue knee immobilizer at week 6 No loading at knee flexion angles >90 degrees No jogging or sport activity Avoid painful activities/exercises 	 Gait training from WBAT to independent Core stabilization exercises Global LE strengthening Limit deep knee flexion angles >90 degrees Begin functional strengthening exercises (bridge, mini-squat, step up, etc) Double limb and single limb balance/proprioception Aerobic training: Walking program when walking with normal gait mechanics Stationary bike Week 6: FOTO, LEFS
Weeks 12 - 18	 No effusion Full ROM Increase functional LE strength Return to activity as tolerated Initiate return to running program Initiate basic plyometrics 	 No loading at knee flexion angles >90 degrees (16 weeks) Avoid painful activities/exercises No jogging until Week 14 and cleared by surgeon No jogging on painful or swollen knee No plyometric exercise until 16 weeks and cleared by surgeon 	 Aerobic training Begin non-impact aerobic training (biking, elliptical, stair stepper) Increase loading capacity for lower extremity strengthening exercises Continue balance/proprioceptive training Week 14: begin return to jogging program Week 16: Begin low level plyometric and agility training Week 16: FOTO, LEFS
Weeks 18 - 24	Full ROMFunctional strengtheningReturn to sport/activity	 Return to sport 6-9 months post-op with surgeon approval 	 Gradually increase lifting loads focusing on form, control, and tissue tolerance Progress as tolerated: ROM, Strength, Endurance, Proprioception/Balance, agility, Sport specific skills

This protocol is not meant to be prescriptive but a recommendation to guide the rehabilitation process.

Each patient's progress may vary based on specifics to their injury and procedure.







• Week 24: FOTO, LEFS