

## KNEE MENISCUS REPAIR PROTOCOL

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Patient \_\_\_\_\_  
 DOS \_\_\_\_\_

WEEK 1-2	WEEKS 3-4	WEEKS 5-7	WEEKS 8-12	WEEKS 13+
<p>Gait training: 0 % WB with crutches</p> <p>Short or long collateral brace set 0°-45°. May remove for PROM. PROM: Goal 0-90°</p> <p>Ankle Pumps</p> <p>Patellar Mobs</p> <p>Quadricep Sets/ Straight Leg Raises</p> <p>Hip Isotonics-Abd, Add, Ext</p> <p>Hamstring, Quad, Gastrocsoleus Stretching.</p> <p>Goals: Control inflammation and effusion. Allow early healing. Full knee extension. Gradually increase knee flexion. Independent quadriceps control.</p>	<p>Gait training: 5% WB with crutches</p> <p>Continue with previous exercises. Increase repetitions, focus on quality and technique. Biofeedback or NMES for quadriceps training.</p> <p>Brace 0-60°</p> <p>AROM, AAROM and PROM to knee. Goal 0-120°. Progress as able.</p> <p>Short Arc Quads</p> <p>Long Arc Quads</p> <p>Clamshells</p> <p>Terminal Knee Extension in standing.</p>	<p>Gait training: Increase 25% per week, goal 50%-75%. WB with assistive device to promote non-antalgic gait</p> <p>Brace to allow full ROM. Continue ROM, Goal 0-135°. Progress as able.</p> <p>Stationary Bike</p> <p>Terminal Knee Extension in standing with tubing</p> <p>Hamstring curls, AA, A, then resistive</p> <p>Total Gym, double leg, low level or leg press</p> <p>Wall squats</p> <p>Lateral and front step-ups</p> <p>Double leg balance/proprioception</p> <p>Pool if available</p> <p>Gait activation</p> <ul style="list-style-type: none"> <li>- March</li> <li>- Sidestep</li> <li>- Backwards</li> <li>-</li> </ul> <p>Goals: Full PROM. No swelling or inflammation. Re-establish muscle control. Proper gait pattern.</p>	<p>Gait training: Increase to full WB. Promote non-antalgic gait. D/C crutches as able.</p> <p>D/C Brace. Progress ROM to full knee flexion. Maintain 0° extension</p> <p>Progress strengthening of Quad and hip groups</p> <p>Total gym with single leg.</p> <p>Squats to 90°</p> <p>Wall sits</p> <p>Balance, higher level</p> <p>Address functional activity demands.</p> <p>Goals: Improve strength and endurance. Maintain full ROM. Gradually increase intensity of exercise.</p>	<p><b>Begin straight line jogging at 3 months.</b></p> <p><b>Deep squatting permitted at 4-6 months.</b></p> <p><b>Pivoting and cutting at 4-6 months.</b></p> <p><b>Agility training at 4-6 months.</b></p> <p><b>Return to sport 4-6 months.</b></p>
<p>Any Questions? Please contact:  <b>Northwoods Therapy Associates</b>                  Altoona, WI      Chippewa Falls, WI                  (715) 839-9266      (715) 723-5060</p> <p>Reviewed September 2015</p>				