

## Robert Kollmorgen DO

### **ISOLATED MENISCAL REPAIR**

*Revised August 2008*

#### **Post-op Days 1 – 14**

Dressing – POD 1: Debulk dressing, TED Hose in place

– POD 2: Change dressing, keep wound covered, continue TED Hose

– POD 7-10: Sutures out, D/C TED Hose when effusion resolved

Crutches – Partial weight bearing (PWB)

**(no more than 50% of body weight)**

Patellar mobilization (teach patient)

Calf pumping

#### **No active Hamstring exercises**

AAROM 0-90 degrees – Heel slides with towel assist

Passive extension with heel on bolster or prone hangs

Electrical stimulation in full extension with quad sets and SLR

Quad sets, Co-contractions quads / HS

Straight leg raise (SLR) x 4 on mat (in brace if poor quad control)

Double leg heel raises

Gentle Hamstring stretching

Ice pack with knee in full extension after exercise

#### **Goals**

Full passive extension

Flexion to 60 degrees

Good quad control

#### **Weeks 2 – 4**

Crutches – PWB

Continue appropriate previous exercises

Scar massage when incision healed

#### **No active Hamstring exercises**

PROM, AAROM, AROM 0-90 degrees only

SLR x 4 on mat – Add light ankle weights if quad control is maintained

Weight shifts (partial support in parallel bars)

Stretches – Hamstring, Hip Flexors, ITB

#### **Goals**

Pain/effusion control

No extensor lag

#### **Weeks 4-6**

Crutches – PWB in brace wean off when not limping

Continue appropriate previous exercises

PROM, AAROM, AROM 0-90 degrees only

Mini squats 0-45 degrees in parallel bars

Total Gym (level 3-5) – Mini squats 0-45 degrees

– Passive flexion to 90 degrees (push up with opposite leg)

Leg press 0-45 degrees with light resistance (up to ¼ body weight)

Hamstring curls 0-45 degrees – Carpet drags or rolling stool (closed chain)

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Stationary bike with seat high for ROM – Complete cycle as able

### Goals

ROM 0-90 degrees

No effusion

### Weeks 6 – 9

Crutches – Weight bearing as tolerated (WBAT), D/C when gait normal

Continue appropriate previous exercises

PROM, AAROM, AROM – Gradually increase motion through full range

Standing SLR x 4 with light Theraband bilaterally

Wall squats 0-45 degrees

Leg press 0-60 degrees with resistance no more than ½ body weight

Hamstring curls 0-60 degrees – Carpet drags or rolling stool (closed chain)

Forward, lateral and retro step downs in parallel bars

– No knee flexion past 45 degrees (small step)

Single leg heel raises

Proprioceptive training – Single leg standing in parallel bars

– Double leg BAPS for weight shift

Treadmill – Forwards and backwards walking

Stationary bike – Progressive resistance and time

Elliptical trainer

### Goals

Full ROM

Normal gait

### Weeks 9 – 12

Continue appropriate previous exercises with progressive resistance

Wall squats 0-90 degrees

Leg press 0-90 degrees with resistance as tolerated

Hamstring curls 0-90 on weight machine with light resistance

Forward, lateral and retro step downs (medium to large step)

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Hip weight machine x 4 bilaterally

Proprioceptive training – Single leg BAPS, ball toss and body blade

– Grid exercises

Fitter

Slide board

Treadmill – Walking progression program

Pool therapy

**Goal** – Walk 2 miles at 15 min/mile pace

### Months 3 – 4

Continue appropriate previous exercises

**No Squatting or Leg press > 90 degrees**

Hamstring curls on weight machine through full range

Knee extension weight machine as tolerated

Short arc quads

Functional activities – Figure 8s, gentle loops, large zigzags

Stairmaster – Small steps

Treadmill – Running progression program

Pool therapy – Swimming laps

**Goal** – Run 2 miles at easy pace

### Months 4 – 6

Continue appropriate previous exercises



Division of Orthopaedics

Hip Preservation Surgery • Pelvis and Hip Reconstruction • Orthopaedic Sports Medicine

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Squatting and Leg press through full range as tolerated

Agility drills / Plyometrics

Sit-up progression

Running progression to track

Quad stretches

Transition to home / gym program

### **Goals**

Return to all activities at 6 months post-op

***No contact sports until 6 months post-op***