



# SIU MEDICINE

## ORTHOPEDICS

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### POST-OPERATIVE MENISCUS REPAIR

Diagnosis/Surgery: \_\_\_\_\_

#### PHASE 1: WEEKS 0-6

##### Goals:

1. Minimize pain
2. Reduce edema

##### Brace/precautions:

1. 50% weight bearing with crutches for 6 weeks
2. Brace 0-6wks 0-90°
3. Remove brace for hygiene and therapy

##### ROM:

1. 0-90°, no forced flexion

##### Exercises/Strengthening:

1. Restore quad recruitment
2. Quad, hamstring, gluteal strengthening
3. Patella mobilizations
4. Ankle pumps
5. SLR
6. Heel slides

#### PHASE 2: WEEKS 6-10

##### Goals:

1. Improve muscular strength and endurance
2. Full, pain free ROM
3. Restore normal gait
4. Improve balance and proprioception

Brace/precautions:

1. D/c brace if capable of SLR without extensor lag
2. Progress to full WBAT

ROM:

1. Restore full, pain free active ROM

Exercises/Strengthening:

1. Closed kinetic chain terminal knee extension
2. Full squats
3. Step downs
4. Stairmaster
5. Elliptical for conditioning
6. Stationary bike, treadmill, Stairmaster, elliptical
7. Proprioceptive activities – ball toss, balance beam, mini-tramp balance

PHASE 3: WEEKS 10+

Goals:

1. Restore pre-operative activity level
2. Enhance muscular strength/endurance

Brace/precautions:

1. None

ROM:

1. Maintain full ROM

Exercises/Strengthening:

1. Progress to activity-specific strengthening exercises
2. Begin plyometric/jumping exercises
3. Begin running program
4. Begin cutting and agility exercises
5. Restore normal activities and pre-operative activity level

Additional Instructions:

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Date