



# Mid-America Orthopedics

**Dr. John Babb**

12112 W. Kellogg, Wichita, KS 67235 – (316) 630-9300

## **MENISCAL REPAIR PROTOCOL**

### **Day 1-6 Post-op (2-4 Visits/week)**

- PT removes bandages on POD #3, keep steri-strips intact until Dr Babb can remove them.
- No ointments, betadine etc should be used on the incisions or portals.
- If any drainage/oozing is present recover with 4x4's, and notify Dr Babb (may need antibiotics).
- **NO ice bags** on any oozing or open wounds without being covered first with a bandage.
- If any wounds are oozing delay range of motion until wounds are closed and healed.
- **NO water on wounds** for 2 weeks (including showers) even if covered, no submersion of wounds in water (baths) until wounds are scars.
- **Brace: 6 weeks locked in full extension**
  - **At home: brace locked in extension when up, may unlock to do exercises**
  - In PT clinic: can be out of brace for therapy
  - PT removes bandages on POD #3, keep steri-strips intact until Dr Babb can remove them.
  - No ointments, betadine etc should be used on the incisions or portals.
  - If any drainage/oozing is present recover with 4x4's, and notify Dr Babb (may need antibiotics).
  - **NO ice bags** on any oozing or open wounds without being covered first with a bandage.
  - If any wounds are oozing, delay range of motion until wounds are closed and healed.
  - **NO water on wounds** for 1.5 weeks (including showers) even if covered, no submersion of wounds in water (baths) for 2 weeks.
- **Ambulation:**
  - **50% weight bearing with brace locked in full extension (\*\*\*This may be changed to 25% WB if considered complex repair- will note on PT script)**
- **PROM:**
  - 0°-90°
  - Patella Mobilization
  - Ankle pumps (PF with band)
  - Gastroc, Soleus, Ham Stretches
- **Strengthening:**
  - SLR (all planes)
  - Quad sets
  - Active knee Ext (90-0 deg.)

**Day 7-27 Post-op (2-3 Visits/week)**

- **ROM:** Week 1-2: 0-90 degrees, Week 3-4: 0-120 degrees
- Initiate light AAROM: ball rolls with belt/towel assist
- **Ambulation:**
  - **50% weight bearing with brace locked in full extension (\*\*\*This may be changed to 25% WB if considered complex repair- will note on PT script)**
- **Strengthening:**
  - SLR (all planes)
  - Quad Sets (0°,60°)
  - Knee Ext (AROM, 90°-0°)
  - Toe raises (at 2 weeks post-op)

**Day 28-41 Post-op (1-2 Visits/Week)**

- **ROM:** 0°-135°
- **Ambulation:**
  - **50% weight bearing with brace locked in full extension (\*\*\*This may be changed to 25% WB if considered complex repair- will note on PT script)**
- **Strengthening:**
  - SLR (all planes, ankle weight not to exceed 10% of body weight)
  - Quad Sets (90, 60°, 30°)
  - Knee Ext (active 90°-0°)
  - **Hamstring isometrics (light)**

**6 weeks- 8 weeks Post-op (1-2 Visits/week)**

- **Brace:** Unlocked & worn until strength is 80% of contralateral LE
- **Ambulation:** Increase WB 25% every 2-3 days until FWB). Do not progress to increased WB if current WB status is painful.
- **ROM:** full and pain-free
- **Exercise:**
  - Stationary bike
  - Total Gym squats: no flexion passed 90 deg.
  - Mini squats and wall sits: knee flexion not beyond 45 deg.
  - **Hamstrings: initiate isotonic (light)**

**8 weeks- 10 weeks Post-op (1-2 Visits/week)**

- **Ambulation:**
  - **8 weeks post-op: Pt. should be full WB without pain.**
- **ROM:** Active 0°-135°
- **Strengthening:**
  - Continue previous exercises
- **Balance/Proprioception training:** SLS, Cup walking
- **Aerobic Conditioning:** Stationary bike

**10 weeks- 12 weeks Post-op (1-2 Visits/week)**

- **Strengthening:**
  - Progress exercises listed above, including closed chain strengthening
- **Aerobic Conditioning:**
  - Swimming (straight leg kicking)
  - Walking
  - Stair machine (low resistance and stroke)
  - Ski machine (short stride and level, low resistance)
- **Avoid twisting, pivoting, running, and deep squatting**

**3-6 Months Post-op (1-2 Visits/week)**

- **Straight ahead jogging:**
  - Start with 100 yds at half speed on soft level surface
  - Add 100 yds every other day
  - Work up to 1 mile or 1760 yds
- **Begin low level, double leg jumps.**
- **Teach deceleration techniques with landings (step n sticks)**
- **Deep squatting permitted at 5 1/2 months**
- **Initiate front lunges at 12 weeks**

**6 Months Post-op (1-2 Visits/week)**

- **Swimming** (full kicking)
- **Cutting:** Lateral, carioca, figure 8'. Need to teach cutting and deceleration techniques. NO cutting until 6 months unless otherwise approved by MD.
- **Functional training:**
  - Plyometric training: box hops, level, double leg.
  - Agility drills
  - Sport specific drills

Patient progression during the time frames along with general modality and exercise choice is left up to the discretion of the treating therapist. If you have any questions regarding this protocol, please contact (316) 630-9300.