

Meniscal Repair rehabilitation protocol

<h2>Week 1</h2>	Walking PWB with elbow crutches	Range of Movement 0° - 90° in brace Full extension/hyper extension out of the brace	Swelling Ice & elevation regularly	Strength Quads <ul style="list-style-type: none"> • Static Quads (SQ) • SLR Straight leg raise • SQ @60° Hamstrings <ul style="list-style-type: none"> • Long sitting heel dig
<h2>Week 3</h2>	Walking As per week 1	Range of Movement As per week 1	Swelling None - Continue to ice and elevate if still present	Strength As per week 1 Add in: <ul style="list-style-type: none"> • Glutes clam • Adductors Progress ex's at the discretion of your Physiotherapist
<h2>Week 6</h2>	Walking FWB Wean from elbow crutches	Range of Movement Brace off Full ROM in sitting No weight bearing squats beyond 60°	Other Neuromuscular control, Proprioception, Gait education, Balance Return to driving as comfort allows	Strength Ski squats <60° Knee dips 0° - 30° Standing heel raise Continue with previous
<h2>Week 8</h2>	Walking FWB No limp No crutches	Range of Movement As week 6	Other Push control with knee dips Swimming - <u>NO</u> breaststroke <u>NO</u> impact	Strength Circuit <ul style="list-style-type: none"> • Cross trainer • Stepper • Treadmill walking • Quads bench • Hamstring bench
<h2>Week 12</h2>	Walking Normal gait pattern <u>NO</u> impact	Range of Movement Full Range		Strength As previous Leg press <90° Strength testing - Quads & Hamstrings >80%
<h2>Week 26+</h2>	<p>No running or impact activities are to be undertaken until 6months following your operation. From 6 months you can gently introduce impact activities such as jogging.</p> <p><i>If you are wanting to return to high level sport discuss further rehabilitation with your physiotherapist, to help you get back to these activities.</i></p>			

This timeline is only a guide and you should not progress exercises without guidance of your physiotherapist.