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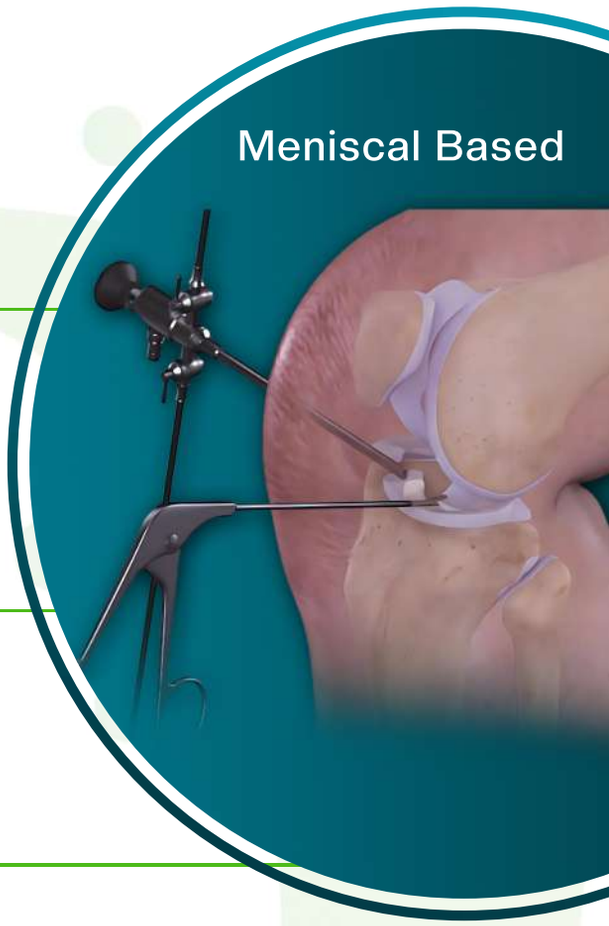
DR. DUA'S SPECIALITY CLINIC
Giving life to life

POST OPERATIVE MEDIAL **MENISCUS REPAIR** REHAB PROTOCOL

WEEK 1 (PHASE 1)

Goals

- Control inflammation and swelling
- Initiate early range of motion
- Achieve around 0-70^0 of active range of motion in dial lock brace
- Straight leg raises, Knee abduction, Static Quads
- Ice pack with knee in full extension after exercise
- Ankle toe pumps, Gluteal Sets, Hamstring sets
- Patellar mobilizations(Stretch in all 4 direction- superior, inferior, medial and lateral)
- Quad isometrics(hold for 10 sec, 10 repetitions)
- Walker aided non-weight bearing ambulation with brace locked in 0^0 extension



WEEK 2 - 4 (PHASE 2)

Goals

- Achieve around 0-90^0 of active range of motion in dial lock brace
- Maintain upper body strength
- All previous exercises of phase 1
- Prone leg hangs and terminal extension exercises to promote knee extension
- Sitting leg dangle to 90 degrees using unaffected leg for support
- VMO strengthening exercises
- Walker aided non-weight bearing ambulation with brace locked in 0^0 extension

WEEK 4 - 6 (PHASE 3)

Goals

- Emphasize proper gait mechanics with gradual weaning off brace(in consult with surgeon)
- Strengthen quadriceps and surrounding group of muscles while maintaining upper body strength
- Achieve around 0-120^0 of active range of motion
- All previous exercises of phase 1 and 2
- Partial to Full weight bearing along with gait training using parallel bars

WEEK 6 - 10 (PHASE 4)

Goals

- Improve endurance and strength in preparation for functional activities
- Emphasize proper gait mechanics and discard brace
- Initiate proprioceptive training while protecting the repair and patella-femoral joint
- Achieve around 0-135^0 of active range of motion
- All previous exercises of phases 1-3
- Full weight bearing with no limp and good mechanics with single pod stick which can be gradually weaned off at the end of 8-10 weeks
- Stationary bike along with wall squats and mini-squats to promote hip and knee muscles strengthening
- Proprioceptive and Balance Training and exercises and its progressions
- Plyometric and Agility training