



Always First™

FOX VALLEY ORTHOPEDICS MENISCAL REPAIR

PHASE 1

week 1-4

Goals: pain management, edema reduction, minimize quad atrophy, repair protection

- WBAT with crutches, progression to FWB
Brace locked in extension x 6 wks for walking
PROM, AAROM, AROM
*emphasize full extension
prone hangs
flexion as tolerated, NWB only
- strengthening
quad sets
SLR
- stretching
hamstring/ITB
gastroc/soleus
- manual techniques
mobilization
scar mobility
- modalities

PHASE 2

week 4-8

Goals: full ROM, normal gait, strength progression, continued repair protection, ACL reconstruction protection due to tendon revascularization

- FWB with brace unlocked at 6 weeks and may begin d/c at 6wks once adequate quad control
- PROM, AROM, RROM
- strengthening
stationary bike no resistance, progressing to low resistance
step up/down progression
- stretching
- neuromuscular re-education
balance board bilateral LEs
SLS
- manual techniques
- modalities

MENISCAL REPAIR***PHASE 3**

week 8-12

Goals: strength and proprioception progression

- strengthening
 - total gym squat progression (limit to ≤ 90 degrees)
 - step up/down progression to higher steps
- neuromuscular re-education
 - balance board unilateral LE
- manual techniques
- KT 1000 at 12 weeks for ACL reconstruction
- Biodex at 12 weeks for ACL reconstruction
 - pt to practice ACL III protocol at least two times

		torque to BW ratio	
		Male	Female
180 deg/sec	H/Q ratio 70-79%	65-75% bw	55-65 % bw
300 deg/sec	80-95%	45-55% bw	35-45% bw

PHASE 4

week 12-16

Goals: strength and proprioception progression

- strengthening and neuromuscular re-education
 - wall/chair squats
 - single leg total gym
 - lunges
 - stairmaster/versaclimber

PHASE 5

month 4

Goals: strength progression, sport training

- strengthening
 - light plyometrics/ladder
 - bilateral jumping
 - jogging/running progression

PHASE 6

month 5

Goals: strength progression, sport training

- strengthening
 - moderate plyometrics with progression to advanced levels
 - unilateral jumping
 - light sport practice

PHASE 7

month 6 and later

Goals: strength progression, return to sports

- strengthening
 - cutting and pivot activities
 - return to sports as tolerated