GALLAND/KIRBY ISOLATED MENISCAL REPAIR POST-SURGICAL REHABILITATION PROTOCOL

POST-OP DAYS 1 – 14

• Dressing:
  – POD 1: Debulk dressing, TED Hose in place
  – POD 2: Change dressing, keep wound covered, continue TED Hose
  – POD 7-10: Sutures out, D/C TED Hose when effusion resolved

• Brace x 9 weeks – Locked in extension x 6 weeks for ambulation

• Crutches – Partial weight bearing (PWB) in brace (No more than 50% of body weight)

• Patellar mobilization (teach patient)

• Calf pumping

• No active Hamstring exercises

• AAROM 0-90 degrees – Heel slides with towel assist

• Passive extension with heel on bolster or prone hangs

• Electrical stimulation in full extension with quad sets and SLR

• Quad sets, Co-contractions quads / HS

• Straight leg raise (SLR) x 4 on mat (in brace if poor quad control)

• Double leg heel raises

• Gentle Hamstring stretching

• Ice pack with knee in full extension after exercise

GOALS

• Full passive extension

• Flexion to 60 degrees

• Good quad control

Weeks 2 - 4

• Brace x 9 weeks – Locked in extension x 6 weeks for ambulation

• Crutches – PWB in brace

• Continue appropriate previous exercises

• Scar massage when incision healed

• No active Hamstring exercises
• PROM, AAROM, AROM 0-90 degrees only
• SLR x 4 on mat – Add light ankle weights if quad control is maintained
• Weight shifts (partial support in parallel bars)
• Stretches – Hamstring, Hip Flexors, ITB

GOALS
• Pain/effusion control
• No extensor lag

WEEKS 4 - 6
• Brace x 9 weeks – Locked in extension x 6 weeks for ambulation
• Crutches – PWB in brace
• Continue appropriate previous exercises
• PROM, AAROM, AROM 0-90 degrees only
• Mini squats 0-45 degrees in parallel bars
• Total Gym (level 3-5) – Mini squats 0-45 degrees
  - Passive flexion to 90 degrees (push up with opposite leg)
• Leg press 0-45 degrees with light resistance (up to ¼ body weight)
• Hamstring curls 0-45 degrees – Carpet drags or rolling stool (closed chain)
• Stationary bike with seat high for ROM – Complete cycle as able

GOALS
• ROM 0-90 degrees
• No effusion

WEEKS 6 - 9
• Brace – Open to available range
• Crutches – Weight bearing as tolerated (WBAT), D/C when gait normal
• Continue appropriate previous exercises
• PROM, AAROM, AROM – Gradually increase motion through full range
• Standing SLR x 4 with light Theraband bilaterally
• Wall squats 0-45 degrees
• Leg press 0-60 degrees with resistance no more than ½ body weight
• Hamstring curls 0-60 degrees – Carpet drags or rolling stool (closed chain)
• Forward, lateral and retro step downs in parallel bars
  - No knee flexion past 45 degrees (small step)
• Single leg heel raises
• Proprioceptive training – Single leg standing in parallel bars
• Double leg BAPS for weight shift
  • Treadmill – Forwards and backwards walking
  • Stationary bike – Progressive resistance and time
  • Elliptical trainer

**GOALS**
• Full ROM
• Normal gait

**WEEKS 9 - 12**
• D/C Brace
  • Continue appropriate previous exercises with progressive resistance
  • Wall squats 0-90 degrees
  • Leg press 0-90 degrees with resistance as tolerated
  • Hamstring curls 0-90 on weight machine with light resistance
  • Forward, lateral and retro step downs (medium to large step)
  • Hip weight machine x 4 bilaterally
  • Proprioceptive training:
    - Single leg BAPS, ball toss and body blade
    - Grid exercises
• Fitter
• Slide board
• Treadmill – Walking progression program
• Pool therapy

**GOAL**
• Walk 2 miles at 15 min/mile pace

**MONTHS 3 - 4**
• Continue appropriate previous exercises
  • **No Squatting or Leg press > 90 degrees**
  • Hamstring curls on weight machine through full range
  • Knee extension weight machine as tolerated
  • Short arc quads
  • Functional activities – Figure 8s, gentle loops, large zigzags
  • Stairmaster – Small steps
  • Treadmill – Running progression program
  • Pool therapy – Swimming laps
GOAL

• Run 2 miles at easy pace

MONTHS 4 - 6

• Continue appropriate previous exercises
• Squatting and Leg press through full range as tolerated
• Agility drills / Plyometrics
• Sit-up progression
• Running progression to track
• Quad stretches
• Transition to home / gym program

GOAL

• Return to all activities

*NO CONTACT SPORTS UNTIL 6 MONTHS POST-OP*
KNEE POST-OP PHASE I

Perform exercises below frequently: 30 reps, 3 – 5x a day

Quad Isometrics

Heel Slides

Active Assisted Motion

Ice Position  15 minutes 2-3 x per day