

# Isolated Meniscal Repair Protocol

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## (0-6 weeks)

### GOALS:

1. Control pain, swelling, hemiarthrosis
2. Allow time for tissue healing
3. Educate patient in home exercises

**ROM:** 0-90 °  
Passive ROM – heel slides assisted  
Patellar mobs  
Ankle pumps  
Heel pump/prone hangs

**Strength:** Q sets with Estim/bio feedback  
4 way SLR's  
Multi hip machine 4 planes

**Weightbearing:** WBAT with brace locked in extension x 6 weeks

## (6-12 weeks)

### GOALS:

1. Return of full ROM
2. Strength improvement
3. Return of normal gait/balance/coordination

**ROM:** 0-135 °  
Heel slides  
Patellar mobs  
Bike once 120° ROM achieved

**Strength:** 4 way SLR's  
Multi machine 4 planes  
Knee extension 90° - 30°  
Hamstring curl 0-90°  
Leg Press machine  
Isokinetic training at high speeds  
Lateral step ups  
Lunges knee not to migrate over toe  
Heel raises  
Proprioception/balance exercises

NO DEEP SQUATS X 4 MONTHS