

### **Knee Meniscal Repair Post-op Protocol**

This protocol is intended to be a general outline only. The physician reserves the right to either advance or delay this protocol as deemed necessary. If so, this should be done by direct communication with the therapist, or in writing on the therapy referral form given to the patient on the day of surgery.

### **Guidelines for Ambulation**

- Bilateral axillary crutches to be used immediately post-op.
- For Dr. Chams: Maintain NWB with brace locked in extension for 4 weeks, then WBAT with brace locked in extension for 2 weeks.

### **Guidelines for TROM Brace**

- TROM brace to be worn and locked in 0o extension with all ADL's for first 4 weeks (includes sleeping). Brace may removed for bathing and exercises.
- TROM brace may be unlocked for slight flexion in sitting for short periods of time.
- After the first 4 weeks, patient may ambulate WBAT with brace locked in extension for 2 weeks. After that, progress to WBAT with brace unlocked for 2 weeks. Discharge brace when approved by MD if patient has good quad control.

### **Precautions**

No closed-chain knee flexion for first eight weeks.

PROM restricted to 90 degrees for first 4-6 weeks (based on surgeon instruction)

No resisted hamstring exercises (open or closed chain) for first three weeks.

Flexion ROM performed in supine or prone to tolerance is allowed.

### **Exercises**

- Frequency: 1-2x/week until full ROM is achieved, then 1x/week as needed.

Perform LE exercises as you would for a standard meniscectomy patient, while staying within guidelines listed above.