



ATTENTION PHYSICAL THERAPIST: STRESS IMPORTANCE OF THE FOLLOWING:

- Place patient in brown compression stocking (20-30 mmHg) at first PT appointment. Wear during daytime only and d/c at night—instruct patient/family member how to don/doff stocking
 - May discharge when no swelling or effusion- typically 3-4 weeks p/o
- Stress early knee extension. Should reach full knee ext by 2 weeks post-op.
- Stress no pillows under popliteal fossa. Always under calf/heel only to progress knee extension.

**REHABILITATION GUIDELINES
MENISCAL REPAIR: ALL INSIDE**

DOS:

	WEIGHT BEARING		BRACE	ROM	EXERCISES
PHASE 1 0-2 weeks	Full with brace locked in extension		Locked in extension for sleeping and all activity Off for exercises and hygiene	0-90° in NWB	Heel slides, quad sets, patellar mobs, SLR, SAQ
PHASE 2 2-6 weeks	Full with brace locked in extension		Unlocked 0-90° Discontinue at 6 weeks	0-90° in NWB	Addition of heel raises, total gym (closed chain), terminal knee extension Activities with brace until 6 weeks; then w/o brace as tolerated; Scar mobs 4-6 weeks when adequate healing
PHASE 3 6-12 weeks	Full		None	Full	Progress closed chain activities Begin hamstring work, lunges/leg press 0-90° proprioception exercises, balance, core/hip/glutes Begin stationary bike when able
PHASE 4 12-20 weeks	Full		None	Full	Progress phase 3 exercises and functional activities, single leg balance, core, glutes, eccentric hamstrings, elliptical