## KNEE MENISCUS REPAIR PROTOCOL

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### WEEK 1-2
- **Gait training:**
  - 0% WB with crutches
- **Short or long collateral brace set 0°-45°. May remove for PROM.**
- **PROM:** Goal 0-90°
- **Ankle Pumps**
- **Patellar Mobs**
- **Quadricep Sets/ Straight Leg Raises**
- **Hip Isotonics-Abd, Add, Ext**
- **Hamstring, Quad, Gastrocsoleus Stretching.**


### WEEK 3-4
- **Gait training:**
  - 5% WB with crutches
- **Continue with previous exercises. Increase repetitions, focus on quality and technique. Biofeedback or NMES for quadriceps training.**
  - Brace 0-60°
  - AROM, AAROM and PROM to knee. Goal 0-120°. Progress as able.
- **Short Arc Quads**
- **Long Arc Quads**
- **Clamshells**
- **Terminal Knee Extension in standing.**

Any Questions? Please contact:
**Northwoods Therapy Associates**
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### WEEKS 5-7
- **Gait training:**
  - Increase 25% per week, goal 50%-75%. WB with assistive device to promote non-antalgic gait
  - Brace to allow full ROM.
  - Continue ROM, Goal 0-135°.
  - Progress as able.
- **Stationary Bike**
- **Terminal Knee Extension in standing with tubing**
- **Hamstring curls, AA, A, then resistive**
- **Total Gym, double leg, low level or leg press**
- **Wall squats**
- **Lateral and front step-ups**
- **Double leg balance/proprioception**
- **Pool if available**

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### WEEKS 8-12
- **Gait training:**
  - Increase to full WB. Promote non-antalgic gait. D/C crutches as able.
  - **Brace to allow full ROM.**
  - Continue ROM, Goal 0-135°.
  - Progress as able.
- **Stationary Bike**
- **Terminal Knee Extension in standing with tubing**
- **Hamstring curls, AA, A, then resistive**
- **Total Gym, double leg, low level or leg press**
- **Wall squats**
- **Lateral and front step-ups**
- **Double leg balance/proprioception**
- **Pool if available**

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### WEEKS 13+
- **Begin straight line jogging at 3 months.**
- **Deep squatting permitted at 4-6 months.**
- **Pivoting and cutting at 4-6 months.**
- **Agility training at 4-6 months.**
- **Return to sport 4-6 months.**

Goals: Improve strength and endurance. Maintain full ROM. Gradually increase intensity of exercise.

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