



**Dr. O'Meara's**

**Meniscus Repair**  
**Rehabilitation Protocol**  
**[www.PalomarOrtho.com](http://www.PalomarOrtho.com)**



## **Meniscus Repair** **Rehabilitation Protocol**

### **Zero to Six Weeks Post-op**

Crutch Ambulation, Non-Weight Bearing

Stationary Bicycle

Active Range of Motion

Passive Knee Extension & Stretching

### **Six Weeks to Four Months Post-op**

Discontinue Crutches

Stationary Bicycle

Hamstring Stretching & Strengthening (weight training)

Quad / VMO Training (wall sits, lunges, step downs)

Adductor Strengthening (weight training)

Calf Strengthening (weight training)

#### **Restrictions:**

**No Running, Jumping, Squatting, Kneeling or Pivoting**

### **4 to 6 Months Post-op**

Stationary Bicycle

Hamstring Stretching & Strengthening (weight training)

Quadriceps Strengthening (weight training)

Adductor Strengthening (weight training)

Calf Strengthening (weight training)

Jogging

#### **Restrictions:**

**No Leaping, Squatting, Kneeling or Pivoting**

## > 6 Months Post-op

Stationary Bicycle

Hamstring Stretching & Strengthening (weight training)

Quadriceps Strengthening (weight training)

Adductor Strengthening (weight training)

Calf Strengthening (weight training)

Return to Sports

## Zero to Six Weeks Post-op

Crutch Ambulation, Non-Weight Bearing

Stationary Bicycle

Active Range of Motion

Passive Knee Extension & Stretching

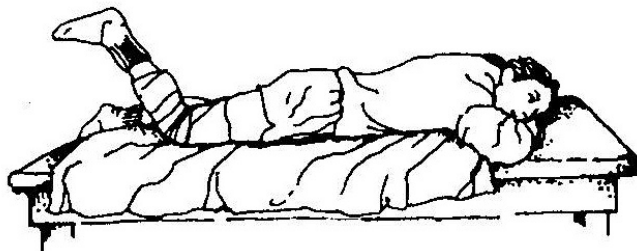
### **Crutches**

Crutches are used to prevent excessive stress on the repaired meniscus.



### **Active Motion**

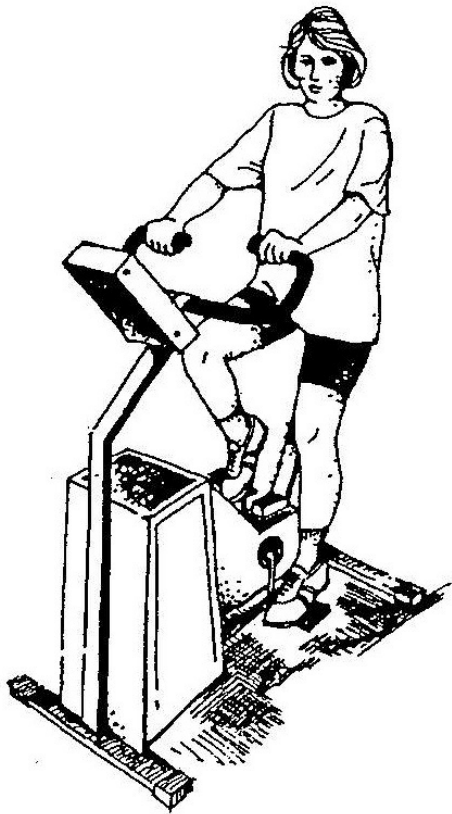
Early active motion of the knee reduces muscle atrophy and nourishes the repaired meniscus.





### **Passive Stretching**

Passive stretching is started immediately to restore full extension of the knee. The kneecap is also manipulated and mobilized to maintain motion.



### **Bicycling**

Bicycling is an excellent rehabilitative exercise. It provides aerobic training to the quads and hams and it provides low-stress quad strengthening. A stationary bicycle or street bicycle may be used. Place the seat in the highest comfortable position in order to minimize the PF forces. Try to use a bike that is equipped with toe clips or toe cages so that the hamstrings also get a work-out. Cycle 15-45 minutes every day and increase the resistance as you can tolerate it.



## **Six Weeks to Four Months Post-op**

Discontinue Crutches

Stationary Bicycle

Hamstring Stretching & Strengthening (weight training)

Quad / VMO Training (wall sits, lunges, step downs)

Adductor Strengthening (weight training)

Calf Strengthening (weight training)

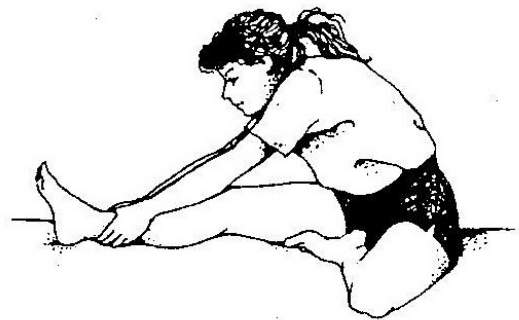
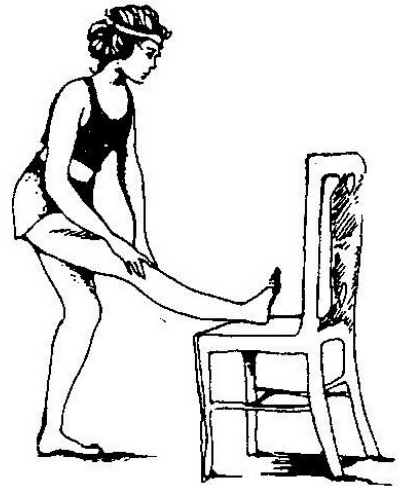
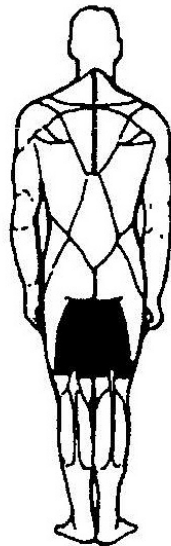
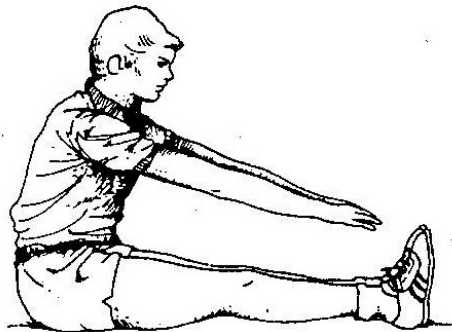
### **Restrictions:**

**No Running, Jumping, Squatting, Kneeling or Pivoting**

## Hamstring Stretching

### **Hamstring Stretching**

It is important to stretch everyday for 20-30 minutes. Better results are obtained if you stretch before and after you have warmed your muscles (e.g. bicycling). Try not to bounce when you stretch; instead, stretch to your maximum, hold for a count of 10, relax, and then repeat.

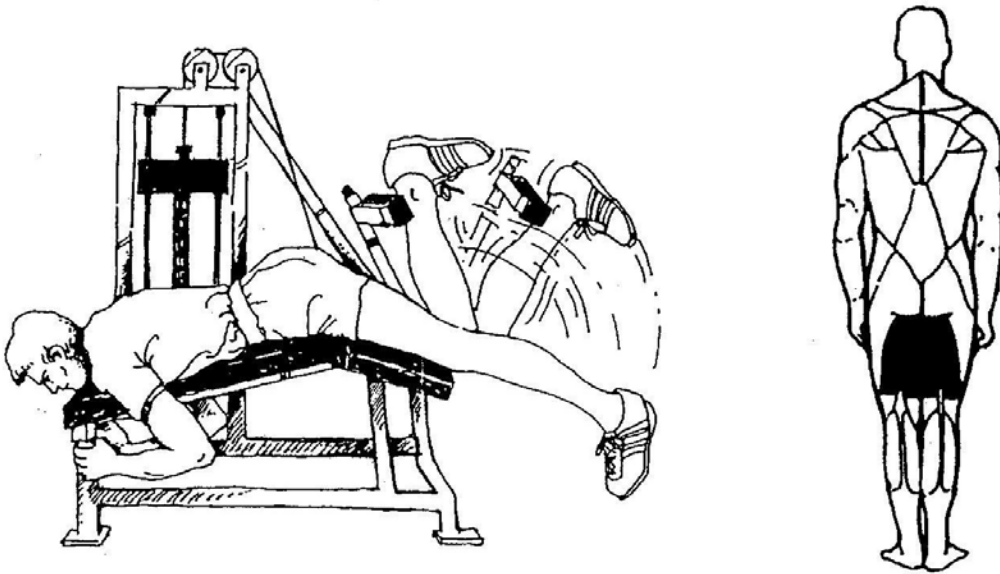


## Hamstring Strengthening

Each exercise should be performed as 3 sets of 15 repetitions, every other day. The amount of weight should be increased once you are able to complete a full 3 sets of 15 reps. The strength training should involve gentle smooth repetitions. No jerking or yanking!

In the third set of each exercise, try to “exercise to fatigue”. The most effective strength training and rehabilitation programs include at least one set of the maximum number of repetitions possible for each exercise performed (“exercise to fatigue”). Higher numbers of repetitions (15 – 20) favor increased muscle endurance while building muscle strength as well; so use a lighter weight that will allow at least 15 repetitions in a normal set.

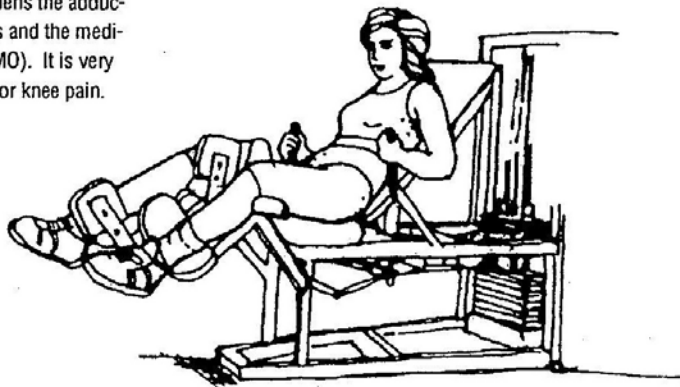
Three sets of 15 – 20 reps performed every other day is an optimum strengthening and rehabilitation program. However, during the first month of strengthening, a single set program, every other day, is adequately effective at improving muscle strength and endurance.



## Adductor Strengthening

### **Adductor Strengthening**

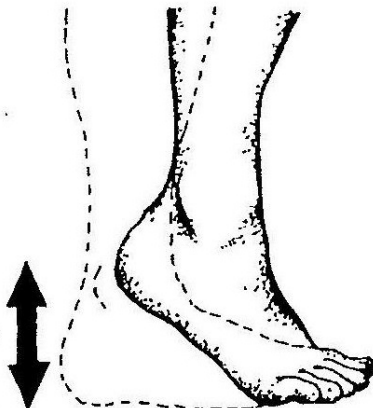
The adductor muscles are located on the inside of your thighs. This exercise strengthens the adductor muscles, the medial hamstrings and the medial quadriceps (vastus medialis - VMO). It is very effective in helping to relieve anterior knee pain.



### **Adductor Squeeze**

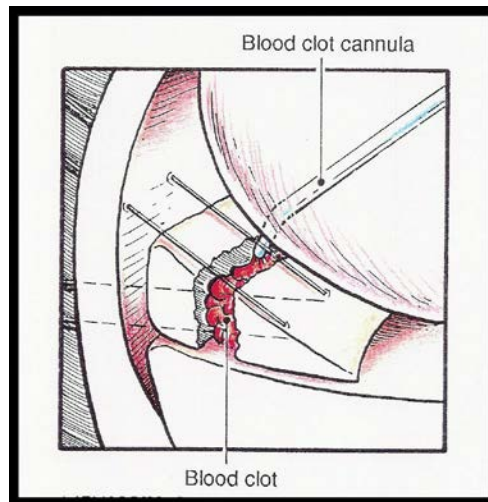
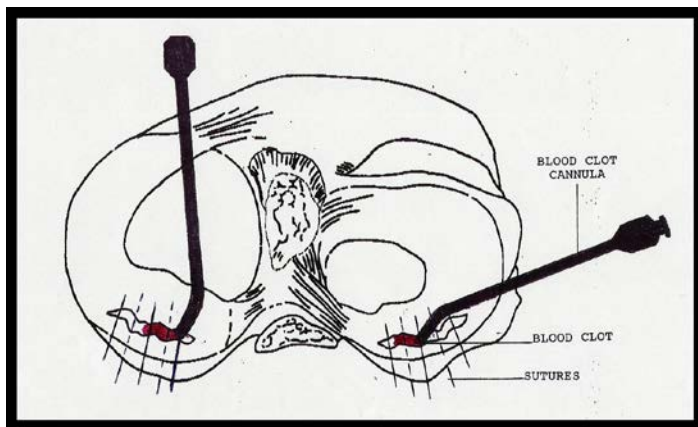
Lie comfortably on your back on the floor with your hands behind your head. Squeeze a pillow as hard as you can between your knees and hold for 6 to 10 seconds. This motion strengthens the muscles of the inner thigh and helps pull the kneecap into line. Repeat 10 times.

## Calf Strengthening



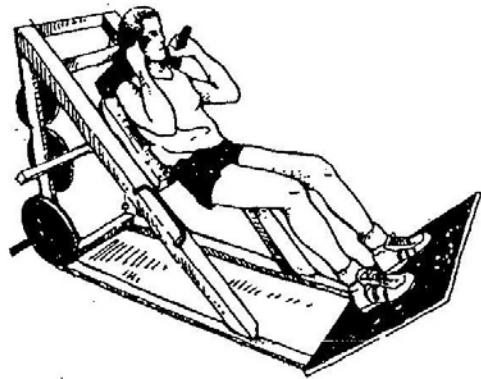
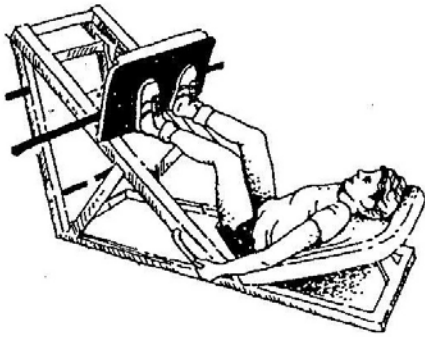
### **Calf Raises**

Do as many as are comfortable; start with a few, then gradually work up to your maximum; repeat three times a day.

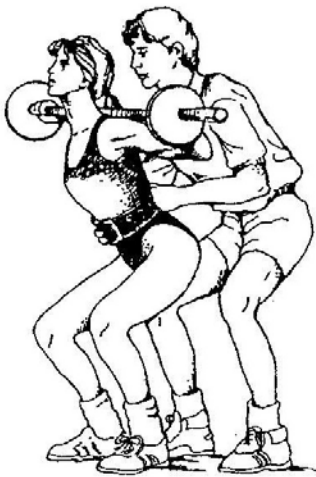




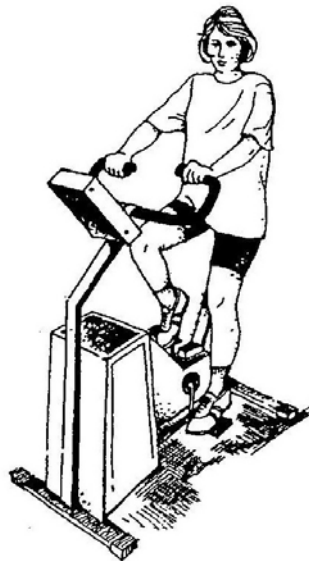
## Quadriceps Strengthening



The leg extension machine should **never** be used because it will significantly aggravate your PF pain and can cause severe ligament injury.



## Stationary Bicycle



## 4 to 6 Months Post-op

### Stationary Bicycle

Hamstring Stretching & Strengthening (weight training)

Quadriceps Strengthening (weight training)

Adductor Strengthening (weight training)

Calf Strengthening (weight training)

Jogging

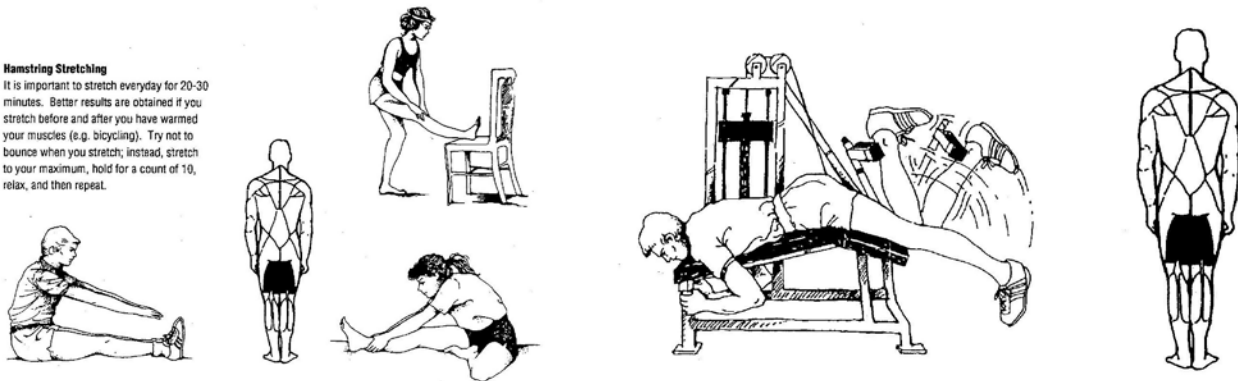
### Restrictions:

No Leaping, Squatting, Kneeling or Pivoting

## Hamstring Stretching & Strengthening

### Hamstring Stretching

It is important to stretch everyday for 20-30 minutes. Better results are obtained if you stretch before and after you have warmed your muscles (e.g. bicycling). Try not to bounce when you stretch; instead, stretch to your maximum, hold for a count of 10, relax, and then repeat.



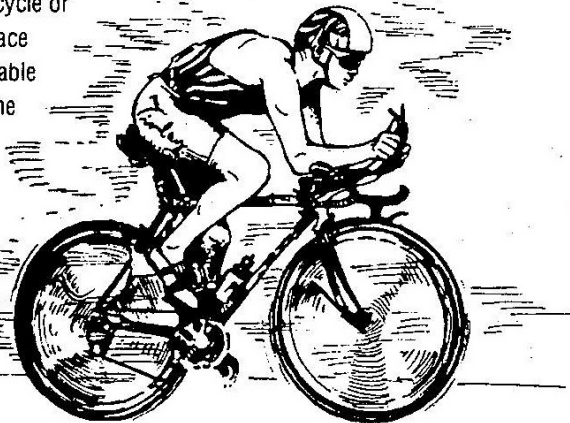
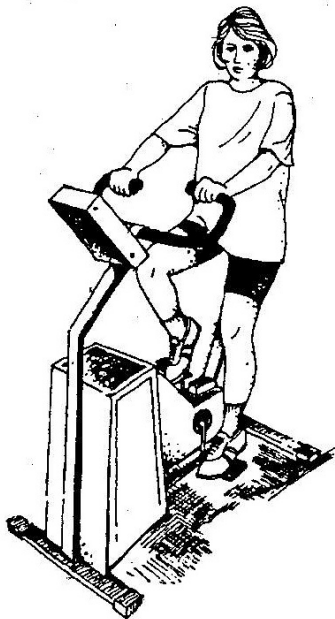
## Bicycle Training

### Bicycling

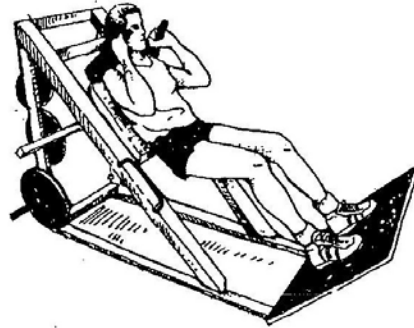
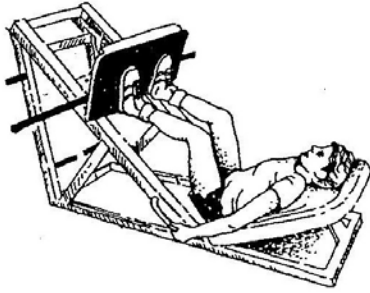
Bicycling is an excellent rehabilitative exercise.

It provides aerobic training to the quads and hams and it provides low-stress quad strengthening. A stationary bicycle or street bicycle may be used. Place the seat in the highest comfortable position in order to minimize the PF forces. Try to use a bike that is equipped with toe clips or toe cages so that the hamstrings also get a work-out.

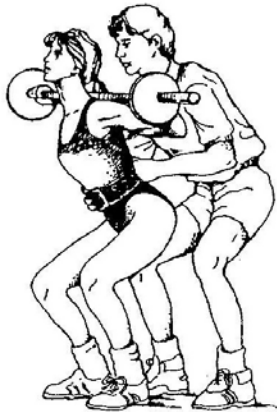
Cycle 15-45 minutes every day and increase the resistance as you can tolerate it.



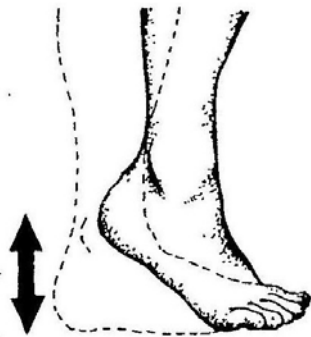
## Quadriceps Strengthening



The leg extension machine should **never** be used because it will significantly aggravate your PF pain and can cause severe ligament injury.



## Calf Strengthening



### Calf Raises

Do as many as are comfortable; start with a few, then gradually work up to your maximum; repeat three times a day.

## Jogging



## > 6 Months Post-op

### Bicycle

Hamstring Stretching & Strengthening (weight training)

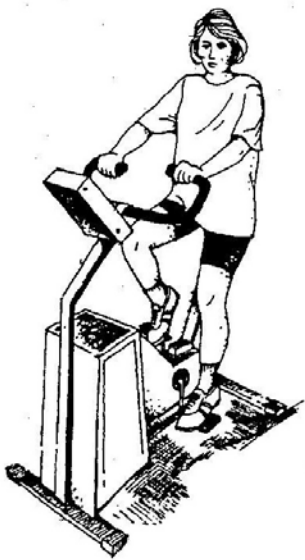
Quadriceps Strengthening (weight training)

Adductor Strengthening (weight training)

Calf Strengthening (weight training)

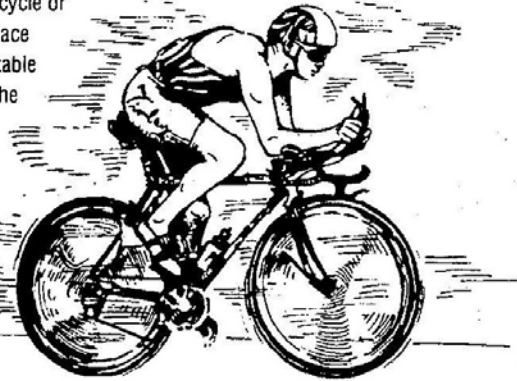
Return to Sports

### Bicycle Training



#### **Bicycling**

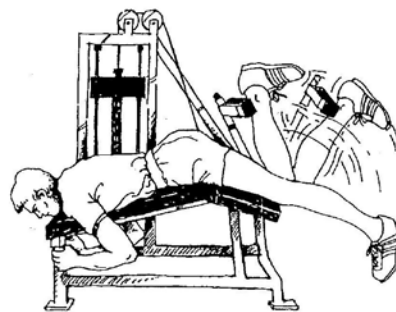
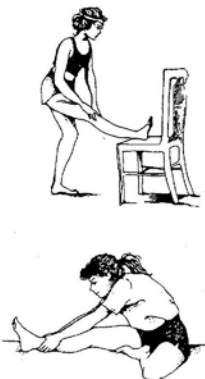
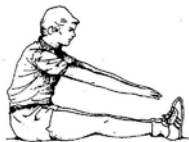
Bicycling is an excellent rehabilitative exercise. It provides aerobic training to the quads and hams and it provides low-stress quad strengthening. A stationary bicycle or street bicycle may be used. Place the seat in the highest comfortable position in order to minimize the PF forces. Try to use a bike that is equipped with toe clips or toe cages so that the hamstrings also get a work-out. Cycle 15-45 minutes every day and increase the resistance as you can tolerate it.



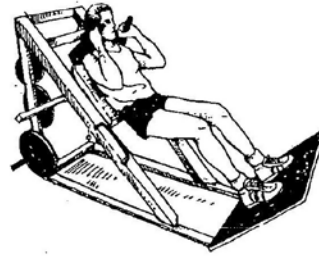
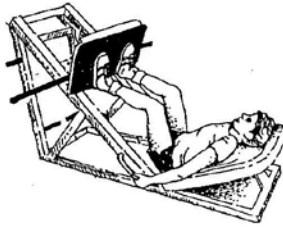
### Hamstring Stretching & Strengthening

#### **Hamstring Stretching**

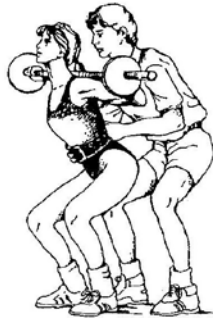
It is important to stretch everyday for 20-30 minutes. Better results are obtained if you stretch before and after you have warmed your muscles (e.g. bicycling). Try not to bounce when you stretch; instead, stretch to your maximum, hold for a count of 10, relax, and then repeat.



## Quadriceps Strengthening



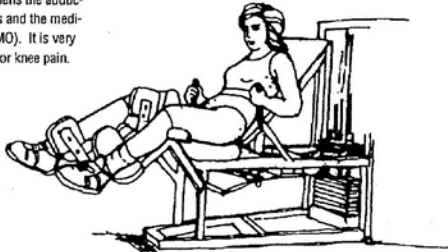
The leg extension machine should **never** be used because it will significantly aggravate your PF pain and can cause severe ligament injury.



## Adductor Strengthening

### Adductor Strengthening

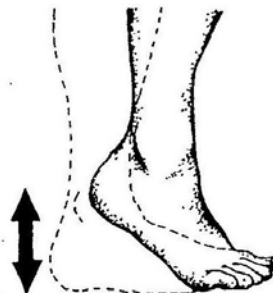
The adductor muscles are located on the inside of your thighs. This exercise strengthens the adductor muscles, the medial hamstrings and the medial quadriceps (vastus medialis - VMO). It is very effective in helping to relieve anterior knee pain.



### Adductor Squeeze

Lie comfortably on your back on the floor with your hands behind your head. Squeeze a pillow as hard as you can between your knees and hold for 6 to 10 seconds. This motion strengthens the muscles of the inner thigh and helps pull the kneecap into line. Repeat 10 times.

## Calf Strengthening



### Calf Raises

Do as many as are comfortable; start with a few, then gradually work up to your maximum; repeat three times a day.



## Jogging



## Return to Sports

