**Meniscal repair – Medial and lateral**

Patient and Physiotherapist information

**Procedure details:** The meniscal repair is aimed at restoring the function of the meniscus. The roots, anterior and posterior, are the firm attachment points of the meniscus that allow the forces to be distributed appropriately. The meniscus has circular orientated fibres to transmit the compressive and torsional forces applied through the articular of the femur and tibia to the capsule, tibia and roots, where the meniscus is tightly attached to the tibia. The repair aims to allow these fibres to heal and return to function. It may be associated with trimming areas of the meniscus that cannot be repaired.

**Goals of treatment:** The aim of the treatment is restore normal anatomy and allow return to function. Initially the goals are for pain and swelling management. The second phase of recovery is aimed at restoring some limited range of motion in the knee, whilst protecting the healing meniscus, there is a large force on these, especially with rotation of the knee or flexion past 100 degrees. The third phase of healing allows for full range of motion and protecting the meniscus from large forces, during running and pivoting or rotation of the knee. Finally the goal is to prevent arthritis and return to full function.

**Rehabilitation phases:**

[www.drdaviddrynan.com.au](http://www.drdaviddrynan.com.au) or Youtube – Dr Drynan Orthopaedics or Link:

**Phase**

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| **Phase** | **Time (Weeks)** | **Restrictions** | **Exercises** |
| 1 | 0-2 | Knee splint with knee locked straight.  Non weight bearing | Toe and ankle ROM, toe taps to floor and alphabet with ankle |
| 2 | 2-6 | ROM brace, 0-90 over 6 weeks,  Weight bear as tolerated with brace locked in extension | Flexion and extension within limits  Active and passive range of motion, attempting to avoid rotation of the tibia on the femur. |
| 3 | 6-12 | Remove brace.  Weight bear as tolerated without brace  No loading knee in flexion more than 100 deg | Closed chain exercises encouraged, but quick progression to open by week 9.  Avoid loading knee in flexion deeper than 100 deg  Normal gait exercises  Squats within range for vertical tears |
| 4 | 3-6 months | Avoid pivoting and rotation of knee until week 15-16. | Aim for full range of motion, squats, resistance with closed chain exercises until 9-10 weeks.  Strengthening and returning to full activities from 4 ½ months. |