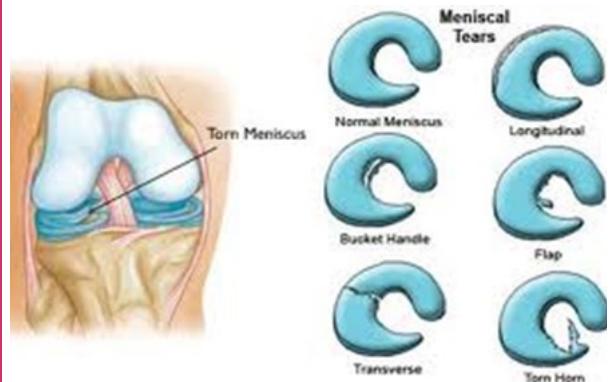


Definitions— The menisci help stabilize, lubricate, distribute weightbearing forces, and act as a shock absorber for the knee joint.

Method of Injury

The most common mechanism is putting all weight, rotating, and either bending or extending the same leg at once. This mechanism occurs frequently while quickly changing directions or cutting.

Often it is seen that known meniscal tears are treated conservatively with a “wait and see” mentality primarily. Occasionally one is able to avoid surgery if treated properly and the tear is not too large. One might also be able to play through a season or work for a few months prior to undergoing surgery.



There are 4 methods of treatment for a meniscus injury:

<p>Nonoperative: If it is decided that the patient will not undergo surgery, the patient may return to full activity as soon as swelling and pain are minimized and functional activities are possible. Generally the patient may require 3-5 days for symptoms to resolve.</p>	<p>Partial Menisectomy: Walking with crutches for 1-3 days with progression to full weightbearing as tolerated is initiated right after surgery. Exercises are added as tolerated with functional activity training beginning 3-6 days post-surgery. It will most likely take about 2 weeks to fully return.</p>	<p>Meniscal Repair: Repair begins with a period of immobilization with slow progression to weightbearing. It is up to your PT to suggest when one is ready to begin functional training, however, it is commonly seen at approximately 3 months is when most can return to full activity.</p>	<p>Meniscal Transplant: This procedure calls for 6 weeks immobilization. Small exercises may be done during this period. At 6 weeks the brace may be unlocked and progression to full weightbearing should begin. Your PT will begin functional training when appropriate and full return is expected in 9-12 months.</p>
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Physical Therapy

Patients can perform these exercises as directed by their PTs:

Quad Sets -



Squats-



Straight-Leg Raises (SLRs)-



Lunges-



TKEs-



Box Jumps-



Returning to Sports and/or Work:

- Swelling does not occur with activity
- Has full ROM & equal strength in legs
- Can successfully perform sports and/or work-related activities

Prentice, W. E. (2011). *Rehabilitation Techniques for Sports Medicine and Athletic Training* (5th ed.). Chapel Hill, NC: McGraw Hill.