

Meniscal Repair Protocol (FasT-Fix)

Meniscal repair is indicated in red-red or red-white zone tears of the body and posterior horn of the meniscus. The FasT-Fix meniscal repair system is a suture-based device that provides a high level of stability at the repair site and demonstrates high clinical success rates.

Immediately post-op – 1 week

- Swelling and pain management (Elevation and Cryocuff)
- TAQ's, SLR.
- Patella mobilisation (superior/inferior, medial/lateral).
- Passive/Active assisted knee flexion and extension.
- Progress to active ROM as tolerated
- PWB
- Avoid deep squatting and jogging until >12 weeks.

O/P physio arranged for 1/52

1 - 4 weeks

- Continue PWB
- Soft tissue massage portals once stitches removed and scars healed.
- Continue with patellar and knee mobility.
- Start quads, hamstring and calf stretches
- Isometric quads and hamstrings
- Static bike, no resistance

4 - 12 weeks

- WBAT
- Add resistance to bike as able
- CKC and OKC strengthening ex's for the lower limb
- Start proprioception ex's once FWB

12 weeks +

- Return to full ADL's as tolerated (including deep squats and running).

References:

Vascellari, A. (2012) All-inside meniscal repair using the FasT-Fix meniscal repair system: Is still needed to avoid weight bearing? A systematic review, *Musculoskeletal Surg*, DOI 10.1007/s12306-012-0209-0.

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