

Protokol Fisioterapi Post Manisectomy Meniscus

*Post Manisectomy
Meniscus Physiotherapy
Guideline*

Abdurrasyid, SSt. Ft, M. Fis

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| <p>Phase 1: Postoperative phase (1-3 days)</p> <p>Goals:</p> <ul style="list-style-type: none"> • Independent ambulation • Quadriceps re-activation • Decrease effusion • Wound healing <p>Restriction :</p> <ul style="list-style-type: none"> • Weight bearing as tolerated with crutches & no brace <p>Program :</p> <ul style="list-style-type: none"> • RICE • Reactivation gluteus, quadriceps • Active assistive ROM <p>Clinical milestone</p> <ul style="list-style-type: none"> • Full knee extension present during gait • No limp • No increase edema • No increase pain | <p>Phase 2: Postoperative phase (1-3 weeks)</p> <p>Goals:</p> <ul style="list-style-type: none"> • Reactivation quadriceps control • Decrease pain • Normal gait • Normal patellar mobility • Increase ROM • Proximal stabilization & strengthening • Cardiovascular training <p>Restriction :</p> <ul style="list-style-type: none"> • Full weight bearing without crutches <p>Program:</p> <ul style="list-style-type: none"> • Patellar mobility • Scar tissue mobilization • Pain management • Effusion control • Neuromuscular control of quadriceps • OKC → CKC exercise • AROM • Flexibility • Cardiovascular training <p>Clinical milestone:</p> <ul style="list-style-type: none"> • Full AROM • Good quadriceps control • Normal patella mobility • Full passive extension • Full weight bearing |
| <p>Phase 3: Advanced Strengthening (3-6 weeks)</p> <p>Goals:</p> <ul style="list-style-type: none"> • Normal quadriceps recruitment • Full AROM • No pain • Isokinetic • No restriction (normal gait) <p>Program:</p> <ul style="list-style-type: none"> • Progression quadriceps training • Endurance training • Flexibility exercise • Proprioceptive exercise <p>Clinical milestone:</p> <ul style="list-style-type: none"> • Improve stability unilateral stance • No pain • Equal hip strength bilateral • Quadriceps strength 50% contralateral | <p>Phase 4: 6-12 weeks return to sport phase</p> <p>Goals :</p> <ul style="list-style-type: none"> • Normal Functional movement • Sport specific training • Return to play <p>Program :</p> <ul style="list-style-type: none"> • Strengthening exercise • Endurance • Agility • Plyometric • Sport specific skills <p>Clinical milestone</p> <ul style="list-style-type: none"> • Functional testing (Hop Test > 90% contralateral) |