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Document Approvals

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<tr>
<th>Written by</th>
<th>Claire Falvey</th>
<th>Date: November 2011</th>
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<tr>
<td>(Clinical Quality Manager)</td>
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<tr>
<th>Technical Approval</th>
<th>Lorraine Faughnan</th>
<th>Date: 18/11/11</th>
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<tr>
<td>(Physiotherapy Manager)</td>
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| Management/ Clinical        | Jill Long MISCP             | Date: 08/11/11      |
| Approval                    | (Physiotherapy Manager)     |                     |

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<tr>
<th>Quality Authorisation</th>
<th>Siobhán Coughlan</th>
<th>Date: 14/11/12</th>
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<tr>
<td>(Clinical Quality Manager)</td>
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This is a controlled document and is intended to be viewed via Q-Pulse therefore printed hardcopies expire within 24 hours from 17:52:26, 12/12/2012
1.0 Policy Statement
   1.1 It is the policy of Cappagh National Orthopaedic Hospital to provide a patient focused physiotherapy service delivered by chartered physiotherapists and support staff working in a well-equipped environment.

   1.2 It is the policy of Cappagh National Orthopaedic Hospital to provide health professionals and the public with the necessary advice and guidance on physiotherapy rehabilitation.

2.0 Purpose
   2.1 The purpose of this guideline is to advise health professionals and patients on the physiotherapy rehabilitation of a person undergoing a meniscal repair.

3.0 Scope
   3.1 This guideline applies to all staff involved in the care of a person undergoing a meniscal repair, community staff involved in the pre and post-operative care of the patient, the patient and their family.

4.0 Health & Safety
   4.1 There are health and safety risks involved in patient care, namely risk of physical injury to patient and staff, risk of infection.

   4.2 Physiotherapists have the necessary qualifications and clinical experience to carry out this guideline and to supervise unqualified support staff.

   4.3 They must be eligible for membership of their professional body, the Irish Society of Chartered Physiotherapists (ISCP).

   4.4 They undertake mandatory manual handling, basic life support training, fire safety, infection prevention and control and risk management.

   4.5 They complete a minimum of 100 hours continuing professional development every three years as required by the ISCP.

5.0 Responsibilities
   5.1 It is the responsibility of physiotherapists to implement this guideline.

6.0 Definitions and Abbreviations
   Meniscal repair       Surgical repair of a torn meniscus (cartilage) in the knee.
   PWB                  Partial Weight Bearing
   ROM                  Range of Movement
7.0 Guideline

7.1 Denis Collins’s Instructions

7.1.1 Phase I 0-4 weeks

7.1.1.1 Protected weight bearing (2 crutches).

7.1.1.2 Brace locked in extension.

7.1.1.3 Static Quadriceps exercise.

7.1.1.4 Maintain range and strength of unaffected joints.

7.1.2 Phase II 5-8 weeks

7.1.2.1 Lock brace in extension when weight bearing.

7.1.2.2 Set brace at 0° - 90° for range of motion exercises.

7.1.2.3 Continue PWB with crutches until good quadriceps function and no extension lag - then wean off crutches.

7.1.3 Phase III 9-12 weeks

7.1.3.1 Stop bracing.

7.1.3.2 Strengthen using light weights and high reps.

7.1.3.3 Unrestricted ROM but no deep flexion/squats

7.1.4 Phase IV 13 weeks onwards

7.1.4.1 Low impact activities (swimming, straight running, cycling).

7.1.4.2 No squatting for 6 months

7.2 Gary O’Toole’s Instructions

7.2.1 0-6 weeks

7.2.1.1 Brace 0°- 30° flexion, PWB 50%

7.2.2 6 weeks

7.2.2.1 Full range of movement

8.0 Related Documents

Individual Physio tools exercise sheets

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9.0 Appendices
N/A

10.0 References
N/A