

## **Meniscus Injury and Rehabilitation**

In September of 2012, while we were preparing for the Champions League Cricket Tournament, we were warming up for a net session. The outfield was a little wet, but nothing to serious... I had to turn around quite quickly at one stage and felt a big “clunk” in my left knee. Now, being a physio – it is amazing how quickly possible diagnoses go through your mind and how quickly you start thinking about what you can and cannot do to not have to forfeit the opportunity to play in one of the world’s premier 20/20 cricket competitions...

But, my worst fears did realize as the MRI-scan confirmed a bucket-handle tear of the medial meniscus of my left knee. Now, you have two options when it comes to surgery re your menisci:

- Removal of the torn part of the meniscus
- Repairing the meniscus

### **Removal of the torn part...**

Removing the torn part of the meniscus, leaves you with not a very long recovery period – you basically have to wait for the swelling, inflammation and full range of motion to return. Except, when one look at the anatomy, you will find that the medial meniscus is the more weight-bearing meniscus in the knee. So, to remove it will give you the opportunity to return to duty a lot quicker... but, you now run the risk of severe arthrosis of the joint because of the fact that there now is no shock-absorber left in the knee. The result – a knee replacement!!!

### **Repairing the meniscus...**

If you do repair the meniscus, you are looking at a much longer period of recovery. You need to make sure that the client is not weight bearing for at least six weeks. The reason being is that the blood supply to the meniscus is not as good as, for example, to a muscle and this prolongs healing. But, what it does do is that it saves you from a knee replacement later on in your life.

So, I had two options... Take it out and maybe be able to play, or repair it and not have a knee replacement later on in life. It sounds like quite a straight forward decision, but luckily my surgeon made sure I understand that he will always try and repair the meniscus – somebody had to take the cricket out of the equation and think just about what is best for the patient. Something I have to thank him for...

I had the surgery on the 8<sup>th</sup> of September 2012 and I thought I would like to share my rehabilitation with you if ever you need a guideline for lower limb rehabilitation. Please remember that this is what worked for me – it doesn’t mean that it will work for you. Use it as a guideline and not as the only rehab you can do...

**Week 2-4:****Training Program****Recovery, Rehabilitation and Strengthening**

Training consisted out of four days of training per week

**Recovery:**

Circulation Exercises  
Mobility Exercises  
Scar Tissue Manipulation  
Wound Treatment

**Rehabilitation:**

VMO Activation  
Calve Activation  
Circulation  
Mobility of Knee to 90deg  
Straight Leg Raise  
VMO Straight Leg Raise  
Hamstring Stretch  
Calve Stretch  
Glut Med Activation and Strengthening  
Hamstring Curl with other Leg as Weight to 90deg  
Glut Bridges (variety of 4)

**Strengthening:****Swimming:**

10 lengths pulling  
10 lengths kicking  
10 lengths normal  
Repeat above

**Week 5-9:****Strength, Conditioning and Rehabilitation****Day 1:****Swimming:**

5 sets of 200m with 1min/1:30min rest

**Strength:**

Incline Dumbell Press - 3 sets of 8  
Inclined T-Bar Row - 3 sets of 6  
Lat Pulldown - 3 sets of 8  
Vertical Dips - 3 sets of 6-10  
Inclined Curls/Inclined Hammer Curls - 4 sets of 6-8

**Day 2:****Rehabilitation:**

Single Leg Leg Press - 2 sets of 10  
Single Leg Squat - 2 sets of 10  
Wall Squats - 2 sets of 10  
Wall Squats with Medicine Ball - 2 sets of 10  
Golfers Pick-Up - 2 sets of 10  
747 - 2 sets of 10  
Lunges - 2 sets of 10  
Step Downs - 2 sets of 10

**Strength:**

Overhead Squat - 2 sets of 8  
A-Frame Squat - 4 sets of 6  
Leg Press - 3 sets of 8  
Calve Raises - 3 sets of 12  
Good Mornings - 3 sets of 12  
Step Ups - 3 sets of 12

**Day 3:****Swimming:**

1 set of 160m with 2min rest  
6 sets of 140m with 2min rest

**Strength:**

Bench Press - 5 sets of 5  
Hammer Grip T-Bar Row - 5 sets of 5  
Arnold Press - 3 sets of 6  
Dumbell Pull Over - 3 sets of 6  
Cable Cross-Over - 3 sets of 8

**Day 4:****Rehabilitation:**

Single Leg Leg Press - 2 sets of 10  
Single Leg Squat - 2 sets of 10  
Wall Squats - 2 sets of 10  
Wall Squats with Medicine Ball - 2 sets of 10  
Golfers Pick-Up - 2 sets of 10  
747 - 2 sets of 10  
Lunges - 2 sets of 10  
Step Downs - 2 sets of 10

**Strength:**

Overhead Squat - 2 sets of 8  
A-Frame Squat - 4 sets of 6  
Leg Press - 3 sets of 8  
Calve Raises - 3 sets of 12  
Good Mornings - 3 sets of 12  
Step Ups - 3 sets of 12

**Day 5:****Swimming:**

10 sets of 100m with 2:30min rest

**Rehabilitation:**

Single Leg Leg Press - 2 sets of 10

Single Leg Squat - 2 sets of 10

Wall Squats - 2 sets of 10

Wall Squats with Medicine Ball - 2 sets of 10

Golfers Pick-Up - 2 sets of 10

747 - 2 sets of 10

Lunges - 2 sets of 10

Step Downs - 2 sets of 10

**Week 10-14****Strength, Conditioning and Rehabilitation****Day 1:****Swimming:**

5 sets of 200m with 1min/1:30min rest

**Strength:**

Incline Dumbbell Press - 4 sets of 6

Incline T-Bar Row - 5 sets of 5

Lat Pulldowns - 3 sets of 8

Vertical Dips - 4 sets of 8

Inclined Curls/Hammer Curls - 4 sets of 6

Bent Over Barbell Rows - 4 sets of 6

**Rehabilitation:**

Wall Squats with Medicine Ball - 2 sets of 15

Golfer's Pick-Up - 2 sets of 15

747 - 2 sets of 15

Step-Downs - 2 sets of 15

**Day 2:****Rowing:**

2km Time Trial

**Strength:**

Overhead Squats/Front Squats - 2 sets of 10

Squats - 4 sets of 6

Deadlifts - 4 sets of 6

Leg Press - 4 sets of 6

Calve Raises - 3 sets of 12

Good Mornings - 3 sets of 12

Lunges - 3 sets of 10 each leg

Step Ups - 3 sets of 6 each leg

**Day 3:****Swimming:**

1 set of 160m with 2min rest

6 sets of 140m with 2min rest

**Strength:**

Bench Press 5 sets of 5

Hammer Grip T-Bar Row - 5 sets of 5

Arnold Press - 4 sets of 6

Dumbbell Pull-Over - 4 sets of 5

Cable Cross-Over - 3 sets of 8

One Arm Bent-Over Row - 4 sets of 4

**Rehabilitation:**

Wall Squats with Medicine Ball - 2 sets of 15

Golfer's Pick-Up - 2 sets of 15

747 - 2 sets of 15

Step-Downs - 2 sets of 15

**Day 4:****Rowing:**

6 sets of 2min row/2min break

8 sets of 2min row/2min break

HIIT Rowing

**Strength:**

Overhead Squats/Front Squats - 2 sets of 10

Squats - 4 sets of 6

Deadlifts - 4 sets of 6

Leg Press - 4 sets of 6

Calve Raises - 3 sets of 12

Good Mornings - 3 sets of 12

Lunges - 3 sets of 10 each leg

Step Ups - 3 sets of 6 each leg

**Week 13-16****Final Stage Rehabilitation****Monday:**

Circuit Training:

2000m Row

2min Box

1km Erg

1000m Row

2min Box

1km Erg

**Abdominal Strength Training:**

Aboriginals - 4 sets of 10

Decline Barbell Sit Ups - 4 sets of 6

Roll Outs - 4 sets of 10

Medicine Ball Tosses - 4 sets of 10

**Tuesday:**

**Peripheral Heart:**

3 sets of 6, Alternating Upper body/Lower body Supersets  
4 Supersets in Total

**Upper Body Choice:**

Bent Over Dumbell Rows  
Dumbell Pull Over  
Inclined Dumbell Press  
Bench Press  
Inclined Bench Bicep Curls

**Lower Body Choice:**

Front Squats  
Romanian Deadlifts  
Good Mornings  
Bench Step Ups  
Calve Raises

**Thursday:**

**Peripheral Heart**

3 sets of 10, Alternating Upper body/Lower body Supersets  
4 Supersets in Total

**Upper Body Choice:**

Bent Over Dumbell Rows  
Dumbell Pull Over  
Inclined Dumbell Press  
Bench Press  
Inclined Bench Bicep Curls

**Lower Body Choice:**

Front Squats  
Romanian Deadlifts  
Good Mornings  
Bench Step Ups  
Calve Raises

Agility Drills

**Friday:**

**Swimming:**

Singles, Doubles, Triples against the Clock  
50 laps (1km)

**Strength:**

Pull Ups – 4 sets of max  
Vertical Dips – 4 sets of 8-10  
Push Ups – 4 sets of 15

Agility Drills

**Wednesday:**

**Circuit Training:**

1000m Row  
3min Box  
1km Erg  
2000m Row  
3min Box  
1km Erg

**Abdominal Strength Training:**

Aboriginals - 4 sets of 10  
Decline Barbell Sit Ups - 4 sets of 6  
Roll Outs - 4 sets of 10  
Medicine Ball Tosses - 4 sets of 10

