

## Meniscal Repair Physical Therapy Protocol/Prescription

**Name:** \_\_\_\_\_**Date:** \_\_\_\_\_**Diagnosis:** \_\_\_\_\_**Date of Surgery :** \_\_\_\_\_**WEEK 1-2:**

- Ambulate NWB in Hinged Knee Brace locked @ 0° in Full Extension for first 4 weeks
- Limit Range of Motion in weeks 1-2 from 0° to 70°
- Range of Motion - Active / Active-Assisted / Passive
- Quadriceps, Hamstring, Achilles stretching
- Quadriceps Strengthening \_\_\_ V.M.O. Strengthening
  - Full Arc \_\_\_ 0-30° Arc
- Hamstring Strengthening
- Begin Straight Leg Raises (Knee at 0° in Full Extension)
- Quad Isometrics, Heel Slides, Patellar Mobilization
- Electrical Stimulation for Quadriceps

**WEEK 3-4:**

- Range of Motion: 90° by 6 weeks
- Begin TTWB at 4 weeks and progress to WBAT by 6 weeks
- Addition of heel raises, total gym (closed chain), terminal knee extensions
- Activities w/ brace until 6 weeks; then w/o brace as tolerated

**WEEK 5-20:**

- Begin to walk w/ brace unlocked once quad control is adequate
- Do not bear weight past 90° of flexion until 6 weeks → Progress to full ROM
- Discard Brace @ 6 weeks once adequate quad control
- Begin hamstring work, lunges/leg press 0-90°, proprioception exercises, balance / core / hip / glutes
- May Begin Exercise Bike (start with no resistance)
- Swimming ok at 12 weeks → Progress closed chain activities

**RETURN TO SPORT PHASE:**

- Return to Running @ 3-4 months
- Return to Full Sports @ 4-5 months

**Comments:****Frequency:** \_\_\_\_\_ **times per week****Duration:** \_\_\_\_\_ **weeks****Signature:** \_\_\_\_\_**Date:** \_\_\_\_\_