MENISCUS REPAIR

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Meniscus Repair - Physical Therapy Prescription
Please fax progress notes to Advanced Orthopedics & Sports Medicine at 720-895-1121

Name: _____ **Date of Surgery: _____**

Diagnosis: R / L Meniscus Repair – Medial / Lateral

Frequency: 2-3 times per week for _____ weeks, Therapy to start 3-5 days after surgery

PHASE I (0-2 weeks)
Weight Bearing: Toe-touch weight bearing brace locked in extension
Brace: Locked in full extension, On for sleeping and all activity, Off for exercises and hygiene only
ROM: 0-90°, may unlock brace to perform ROM exercises
Exercises: Heel slides, quad sets, SLR in brace at 0° until quad can maintain knee locked, patellar mobs,

PHASE II (2-6 weeks)
Weight Bearing: Transition from TTWB -> FWB brace locked in extension -> FWB Brace locked 0-90°
- Weeks 2-4: TTWB -> FWB with brace locked in extension
- Weeks 4-6: FWB with brace locked in extension -> FWB brace locked 0-90°

Brace: Locked in extension for FWB until week 4, unlocked 0-90° until week 6
- May remove at night after week 4

ROM: As tolerated, see brace limitations
Exercises: Stationary Bike with seat high to start and lower to normal seat height as ROM tolerates, Leg extensions within ROM restrictions, Addition of heel raises, closed chain exercises, terminal knee extensions
- **No weight bearing with flexion >90°**

PHASE III (6-12 weeks)
Weight Bearing: Full WB, focusing on normalizing gait mechanics
Brace: Unlocked with full ROM, may remove at night
ROM: Full ROM as tolerated
Exercises: Progress closed chain activities, Begin hamstring work, lunges/leg press 0-90°, proprioception exercises, balance/core/hip/glutes, Increase progressive resistance exercises for strength, high intensity low volume
- No pivoting, twisting, hopping, jumping, running until at least week 10

PHASE IV (12+ weeks)
Weight Bearing: Full
Brace: None
ROM: Full, no restrictions
Exercises: Single leg squats, single leg balance, core, glutes, eccentric hamstrings, elliptical, and bike, Swimming okay at 12 wks, Sport/work specific drills, Plyometrics for speed and power

Signature: _____
Date:
Stephen G. Thon, MD

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