



PHYSICAL THERAPY PRESCRIPTION
KNEE ARTHROSCOPY- MENISCUS REPAIR

Name: _____

Diagnosis: _____

DOS: _____

Rx:

Dressing change / wound check 2-3 days post-op

Modalities and E-Stim prn (in therapy only)

Emphasize early full passive extension to 0°

Brace locked at 0° for ambulation

Limited knee flexion 0 - 90°

ROM and light PRE as tolerated

Duration:

BIW X 2-3 weeks or until independent with gait and exercises

Precautions:

TTWB in brace locked at 0° unless otherwise indicated here: _____

ROM: 0-90 degrees

Other: No hyperflexion or deep squats for 3 mos. Protect meniscus repair.

X  _____

IF QUESTIONS: PLEASE CALL 469-800-7200 or email DrBlack@SheenaBlackMD.com



PHYSICAL THERAPY PROTOCOL
KNEE ARTHROSCOPY – MENISCAL REPAIR

<u>Postop</u>	<u>Goals</u>	<u>Precautions</u>	<u>Exercises</u>
Weeks 0-4 PT 1-2x/week HEP daily	Full passive extension ROM 0-90° Patella mobility Edema and pain control SLR without lag Promote independence	TTWB (50%) Limit knee flexion: 0-90° Brace at 0° for ambulation & sleep Avoid active knee flexion	A/AA/PROM emphasize extension Short crank ergometry Patella mobilization Quad re-education and SLR Hip/Core training
Weeks 4-8 PT 2-3x/week HEP daily	Full passive extension ROM 0-125° Normalize patella mobility Edema and pain control Improve quad control Promote independence Normalize gait Ascend 8" step with control	Progress TTWB → WBAT with brace locked at 0° with crutches by 6 weeks At 6 weeks, can unlock brace for ambulation with crutches Brace locked at 0° for sleep Limit knee flexion to 125°	AAROM knee flexion/extension Standard ergometry (ROM>115°) Patella mobilization Quad re-education Proprioceptive training Hip/Core training Bilateral leg press 0-60°
Weeks 8-14 PT 1-2x/week HEP daily	Full ROM Descend 8" step with control Improve endurance Protect patellofemoral	WBAT DC brace/crutches when adequate quad and non-antalgic gait No running	Progress squat/leg press Forward step-up/down program Advance proprioceptive training Elliptical, retrograde treadmill
Weeks 14-20 PT 1-2x/week HEP daily	Symptom free running Improve strength/flexibility Hop Test >85% limb symmetry	Avoid painful activities	Forward running program at 16 weeks (when 8" step down OK) Progress squat program <90° flexion Advance agility program Plyometrics when sufficient base
Weeks 20+ PT 1x/week HEP daily	No apprehension with sport specific movements Strength and flexibility to meet sporting demands	Avoid painful activities No sport until MD clearance	Advance flexibility/agility/plyometrics Sport specific training

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