



PHYSICAL THERAPY PRESCRIPTION
MENISCAL REPAIR – INSIDE OUT

Name: _____ DOB: _____

Post-Operative Diagnosis: Right Left

Additional Procedures: Lateral Meniscal Repair Medial Meniscal Repair

Lateral Meniscectomy Medial Meniscectomy

Other: _____

Surgical Date: _____

Weight Bearing: TTWB

Weight bearing modifications: WBAT NWB

ROM: Full passive knee extension, limit knee flexion to 0 – 90 degrees

ROM Modifications: _____

Brace Instructions: _____

Additional Instructions: _____


Frequency & Duration: 1-2 times per week for 6 - 8 weeks

Rx: Dressing change / wound check 2-3 days post-op
Call my office if patient unable to get 0 – 90° ROM by 2 weeks post-op
Emphasize early full passive extension to 0° (No recurvatum for hamstring grafts)

Precautions:

Per my PT protocol

Other:

Physician's Signature:  ,MD

Sheena Black, MD

Orthopedic Surgeon
Sports Medicine Specialist



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PHYSICAL THERAPY PROTOCOL KNEE ARTHROSCOPY – MENISCAL REPAIR – INSIDE OUT

	<u>Weight Bearing</u>	<u>Brace</u>	<u>ROM</u>	<u>Exercises</u>
Phase I Weeks 0-2 PT 1-2x/week HEP daily	Partial weight bearing w/ crutches *	Locked in full extension for sleeping and all activity Off for exercises & hygiene	0-90° when non-weight bearing	Heel slides, quad sets, patella mobs SLR No weight bearing with flexion >90°
Phase II Weeks 2-8 PT 2-3x/week HEP daily	2-4 weeks: 50% WB with crutches 4-8 weeks: Progress to full WB	2-6 weeks: Unlocked 0-90° Off at night Discontinue brace at 6 weeks	As tolerated	Continue Phase 1 Heel raises, closed chain, terminal knee extension avoiding tibial rotation Activities w/ brace until 6 weeks After 6 weeks, w/o brace as tolerated No weight bearing with flexion >90°
Phase III Weeks 8-12 PT 2-3x/week HEP daily	WBAT	None	Full	Progress closed chain activities Begin hamstring work, lunges/leg press 0-90°, proprioception exercises, balance/core/hip/glutes Begin stationary bike
Phase IV Weeks 12-20 PT 1-2x/week HEP daily	WBAT	None	Full	Progress Phase III exercises & functional activities Single leg balance, core, glutes, eccentric hamstrings, elliptical, bike Ok to progress to swimming at 16 weeks Advance to sport-specific drills & running/jumping at 20 weeks once cleared by MD

IF QUESTIONS: PLEASE CALL 469-800-7200