

Physical Therapy Prescription Arthroscopic Meniscal Repair

Patient Name:

Today's Date:

Surgery Date:

Dx: s/p (LEFT / RIGHT) Knee arthroscopic meniscal repair (medial / lateral)

WEEK 1-2

- Ambulate WBAT in Bledsoe Brace locked @ 0° in Full Extension for first 6 weeks
- Limit Range of Motion in weeks 1-2 from 0° to 30° (May progress if pain free)
- Range of Motion Active / Active-Assisted / Passive
- Quadriceps OKC exercises (SLR, Quad set, SAQ)
- LE soft tissue mobilization
- OKC for hip and posterior chain
- Electrical Stimulation for Quadriceps

WEEK 2-4

- Range of Motion in weeks 3-4 increase 0° to 90°
- Okay to unlock brace after 4 weeks with walking
- Okay to bend knee past 90 degrees after 4 weeks

WEEK 6

- Return to full WB status without brace. Gait training as needed.
- Range of Motion in weeks 5-6 increase to Full ROM
- Discard Brace @ 6 weeks
- Begin CKC strength program, progressive overload
- Single leg proprioception
- Stationary bike and retro-walk progression
- Anti-rotation exercises for trunk and spinal muscles

WEEK 12

- Begin running program provided eccentric step down is symmetric

CKC progressive overload:

Squat options: Back, Front, Overhead, Sumo, Split Squat, Single leg, Bulgarian Split Squat, High box Step Up, Leg Press, Hex Bar Squat, Total Gym

Hip Hinge options: Conventional deadlift, RDL, Good Morning, GHD/Reverse Hyper, Straight Leg Dead, Hip Thrusters, SL dumbbell, kettle bell swing, Nordic HS, Bridging

- Footwork drills to begin in frontal and sagittal plane motions only

WEEK 16+

- Continue to progress above exercises
- Agility drills
- Progress running program – cutting at 4.5 months based on dynamic knee control

Full return at 6 months post op

Frequency & Duration: (circle one) 1-2 2-3 x/week for _____ weeks Home Program

**Please send progress notes.

Physician's Signature: _____ **M.D.**