

Physical Therapy Prescription Arthroscopic Meniscal Root Repair or Radial Tear Repair

Patient Name: _____

Today's Date: _____

Surgery Date: _____

Dx: s/p (LEFT / RIGHT) Knee arthroscopic meniscal root repair or radial tear repair (medial / lateral)

WEEK 1-2 ___ Ambulate strict TTWB in hinge brace locked @ 0° in Full Extension for first 4-6 weeks.

*Physician will indicate WB status after surgery.

- ___ Crutches x 6 weeks
- ___ Limit Range of Motion in weeks 1-2 from 0° to 30°
- ___ Range of Motion Active / Active-Assisted / Passive
- ___ Quadriceps and Hamstring soft tissue mobilization
- ___ Quad exercises – SLR (Okay to add weight up to 5 lbs if no lag), SAQ 0-30, Quad set
- ___ Achilles Tendon Stretching/mobilization
- ___ Russian Stimulation for Quadriceps

WEEK 2-4 ___ ROM increase 0° to 90°. No knee flexion past 90 degrees for 4 weeks

- ___ May begin PWB in brace after 4 weeks. Continue to use crutches.

WEEK 6

- ___ Progress to FWB by 8 weeks as tolerated
- ___ Goal of Full ROM by 8 weeks post op
- ___ Discard Brace @ 6 weeks
- ___ Single leg balance exercises on stable surface
- ___ Gait training
- ___ Begin CKC exercises in partial arc, progressing as tolerated
 - Squat variations – Back, Front, Overhead, Step-up, Leg press, Total Gym, Hex Bar, Bulgarian SS, Eccentrics, Step-down, Sumo
 - Hip hinge variations – Deadlift, RDL, Good mornings, GHD, SL deadlift, Hip thrusters, SL dumbbell dead, kettle bell swings, Nordic HS
- ___ Stationary bike and retro-walk progression
- ___ Okay to begin anti-rotation exercises of trunk. NO PIVOTING ON KNEE

WEEK 12

- ___ Begin in-line jogging program provided eccentric step down is symmetric
- ___ May begin linear progression of CKC LE exercises
- ___ Full arc CKC progressive resistance exercises - emphasize squat and hip hinge movements
- ___ Continue anti-rotation trunk exercises
- ___ Continue balance exercises

WEEK 16+

- ___ Agility drills. No pivoting/transverse plane motion until 5 months post op
- ___ Footwork drills / exercises, Mini Jumps okay if patient shows dynamic control
- ___ Progress running program – cutting at 5 to 5.5 months based on dynamic control
- ___ Continue to progress / overload squat and hip hinge exercises
- ___ Olympic lifts, triple extension exercises okay to begin (Light weight, focus form)

WEEK 24

- ___ May return to sport. Criteria for discharge:
3 hop test, Figure 8 run, Y balance test (within 90% of uninvolved leg), Deadlift 1.5x BW

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

**Please send progress notes.

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