

## Physical Therapy Prescription – Meniscus Repair

Name: \_\_\_\_\_ Date of Surgery: \_\_\_\_\_

Procedure: R / L knee arthroscopy, meniscus repair

Frequency: 2-3 times per week for 6 weeks

### PHASE 0: Pre- operative goals (i.e. Pre-hab)

- **Minimal Effusion**
- **Patient Education on Post op exercises with a stress on compliance and importance**
- **Education on ambulation with crutches and safe stair use**
- **Wound care instructions**
  - Keep tegederm clean and dry, no showering until 48hrs post-op then remove ACE, No submerging (bath, hot-tub, lake, river, ocean) for 6 weeks post op. Formal instructions will be listed in operative note and packet.
- **Educated in follow-up (also provided in packet) : 10-14 days post op, 6 weeks, 3 months, 6 months, 9 months, 1 year, 2 years, 5 years.**

### PHASE I (Weeks 0 – 6): Period of protection, decrease edema, activate quadriceps

- **Weightbearing:** Toe touch weight bearing
  - **Weeks 0-4:** toe touch weight-bearing in brace with crutches
  - **Weeks 4-6:** Advance to 50% weight-bearing in brace, wean off crutches
- **Hinged Knee Brace:**
  - **Weeks 0-2:** locked in full extension for ambulation and sleeping
  - **Weeks 2-6:** unlocked (0-90°) for ambulation and removed while sleeping
- **Range of Motion:** AAROM → AROM as tolerated; **no weight-bearing with knee flexion angles >90°**
- **Therapeutic Exercises:** Patellar mobs, quad/hamstring sets, heel slides, Gastroc/Soleus stretching, straight-leg raises with brace in full extension until quad strength prevents extension lag
- **Modalities:** Per therapist, including electrical stimulation, ultrasound, heat (before), ice (after)

### Phase II (Weeks 6 – 12)

- **Weightbearing:** As tolerated, unassisted
- **Hinged Knee Brace:** Discontinue at 6 weeks
  - **Range of Motion:** Full
- **Therapeutic Exercises:** Patellar mobs, quad/hamstring sets, closed chain extension exercises, hamstringcurls, toe raises, balance exercises, Gastroc/Soleus stretching; lunges 0-90°, leg press 0-90°
  - Begin use of the stationary bicycle
- **Modalities:** Per therapist, including electrical stimulation, ultrasound, heat (before), ice (after)

### Phase III (Weeks 12 – 16)

- **Range of Motion:** Full, painless
- **Therapeutic Exercises:** Advance closed chain strengthening exercises and proprioception activities; focus on single-leg strengthening; begin elliptical
  - Straight ahead running permitted at **12 weeks**
  - Swimming okay at **16 weeks**
- **Modalities:** Per therapist, including electrical stimulation, ultrasound, heat (before), ice (after)

### Phase IV (Weeks 16 – 24): Gradual return to athletic activity

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- **16 weeks:** begin jumping
- **20 weeks:** advance to sprinting, backward running, cutting/pivoting/changing direction
- Consider **functional sports assessment**

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_