*Physical Therapy Prescription-Meniscus Transplant or Root/Radial Meniscus Repair*

Surgery: \*\*\*\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date of Surgery: \*\*\*\_\_\_\_\_\_\_\_

Evaluate and Treat per therapist plan 1-2 times/week for 32 weeks/8 months. Please contact the office for renewal as needed.

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| *Phase*  | *Time*  | *Exercises/Activities/****Restrictions***  | *Goals*  |
| Early Post op  | 0-2weeks  | **Brace at all times, locked in extension except for ROM exercises****WB STATUS: NON WEIGHT BEARING 6 weeks**Passive/Active ROM Straight leg raise, quad isometrics Patella mobilizations  | Pain and swelling control  |
| Phase I  | 2-6 weeks  | **Brace/crutches** **WB STATUS NON Weightbearing****Brace locked in extension when up and sleeping, unlock for ROM**Patella mobilizations Active/passive/AAROM Straight leg raise and quad isometricsDo not force flexionModalities OK Home exercise program NO SIDE LYING ABDUCTION OR ADDUCTION EXERCISESNo stationary bike or leg press | ROM to 90Cartilage healing Quadriceps control Good patella mobility  |
| Phase II  | 6-12 weeks  | AAROM exercises Unlock brace, wean off crutches and then out of brace- go slowLeg press—0-90 deg arc Step-up/Step-down Lunges and squatsProprioception/balance program NO JUMPING OR RUNNING!Hip/CORE program Stair master/elliptical Modalities OK Home exercise program  | ROM to normal Normal patellar mobility Restore normal gait Ascent stairs with good control Return to normal ADL  |
| Phase III  | 12-20 weeks  | **Dr Allen may place patient in unloader brace- all impact and agility work/running should be done in unloader brace once cleared by Dr ALLEN**Progress squat program Advance quad/hamstring program Proprioception training NO JUMPING OR RUNNING!Lower extremity stretching Modalities Home exercise program  | Descend stairs with good control Improve flexibility **Running at 6-8 months and ONLY when cleared by MD** |
| Phase IV  | >20 weeks  | Continue LE strengthening/flexibility Forward running (ONLY per MD) Agility work Unloader Brace for sports (per MD) **Dr Allen may place patient in unloader brace- all impact and agility work/running should be done** | Sport specific activity  **competitive activities at 9 months**  |