*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 isometrics  Do not force flexion  Modalities OK  Home exercise program  NO SIDE LYING ABDUCTION OR ADDUCTION EXERCISES  No stationary bike or leg press | ROM to 90  Cartilage healing  Quadriceps control  Good patella mobility |
| Phase II | 6-12 weeks | AAROM exercises  Unlock brace, wean off crutches and then out of brace- go slow  Leg press—0-90 deg arc  Step-up/Step-down  Lunges and squats  Proprioception/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** |