



MENISCUS REPAIR



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Meniscus Repair - Physical Therapy Prescription

Please fax progress notes to Advanced Orthopedics & Sports Medicine at 720-895-1121

Name: _____

Date of Surgery: _____

Diagnosis: R / L Meniscus Repair – Medial / Lateral

Frequency: 2-3 times per week for _____ weeks, Therapy to start 3-5 days after surgery

PHASE I (0-2 weeks)

Weight Bearing: Weight bearing as tolerated with **brace locked in extension ONLY**

Brace: Locked in full extension, On for sleeping and all activity, Off for exercises and hygiene only

ROM: 0-90°, may unlock brace to perform ROM exercises

Exercises: Heel slides, quad sets, SLR in brace at 0° until quad can maintain knee locked, patellar mobs,

PHASE II (2-6 weeks)

Weight Bearing: *Weight Bearing:* Weight bearing as tolerated with **brace locked in extension ONLY**

- Weeks 2-4: FWB with brace locked in extension
- Weeks 4-6: FWB with brace locked in extension -> FWB brace unlocked 0-90°

Brace: Locked in extension for FWB until week 4, unlocked 0-90° until week 6

- May remove at night after week 2

ROM: As tolerated, see brace limitations

Exercises: Stationary Bike with seat high to start and lower to normal seat height as ROM tolerates, Leg extensions within ROM restrictions, Addition of heel raises, closed chain exercises, terminal knee extensions

- **No weight bearing with flexion >90°**

PHASE III (6-12 weeks)

Weight Bearing: Full WB, focusing on normalizing gait mechanics

Brace: Unlocked with full ROM, may remove at night

ROM: Full ROM as tolerated

Exercises: Progress closed chain activities, Begin hamstring work, lunges/leg press 0-90°, proprioception exercises, balance/core/hip/glutes, Increase progressive resistance exercises for strength, high intensity low volume

- No pivoting, twisting, hopping, jumping, running until at least week 10

PHASE IV (12+ weeks)

Weight Bearing: Full

Brace: None

ROM: Full, no restrictions

Exercises: Single leg squats, single leg balance, core, glutes, eccentric hamstrings, elliptical, and bike, Swimming okay at 12 wks, Sport/work specific drills, Plyometrics for speed and power

Signature: _____

Date:

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