**MENISCUS REPAIR PROTOCOL**

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Diagnosis: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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

Frequency: 1 2 3 4 times / week Duration: 1 2 3 4 5 6 Weeks

**\_\_\_\_\_\_Weeks 0-4:**

• WBAT with brace in full extension, d/c crutches when comfortable

• Brace locked at full extension while ambulating and sleeping

• Active/passive ROM 0-90 with emphasis on full extension

• Heel slides, quad sets, patellar mobs, ankle pumps

• Straight leg raises (without brace when able to SLR without extension lag)

**\_\_\_\_\_\_Weeks 5-8:**

• Continue exercises from weeks 0-2

• Unrestricted ROM, however no weight bearing past 90 degrees flexion

• D/c brace when quad strength adequate for ambulation

• Mini-squats, weight shifts, initiate step up program

• Closed chain knee extension, stationary bike, weight bearing gastroc/soleus stretch

• Proprioceptive training

• Avoid tibial rotation

**\_\_\_\_\_\_Weeks 9-12:**

• Unrestricted ROM even with weight bearing

• Advance closed chain strengthening and bike exercises

• Progressive squat program

• Initiate step down program

• Leg press and lunges (start initially with body weight only)

• Proprioceptive exercises

**\_\_\_\_\_\_Weeks 13-16:**

• Begin jogging and progress to running

• Progressive strengthening exercises

• Single leg exercises

• Sports specific exercises

Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_