

UCLA OUTPATIENT REHABILITATION SERVICES	
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MENISCAL TRANSPLANT PHYSICAL THERAPY PRESCRIPTION

**Diagnosis: s/p (LEFT / RIGHT) Meniscal Transplant (Medial / Lateral) --
Surgery Date: _____**

- Weeks 1-4:**
- FORMCHECKBOX Hinged, double-upright brace in full extension
 - FORMCHECKBOX Strict NWB for 6 weeks
 - FORMCHECKBOX Quadriceps and Adductor isometrics
 - FORMCHECKBOX SLR's into flexion, extension, abduction and adduction (Active assist progressed to Active)
 - FORMCHECKBOX Passive (CPM) and AAROM (ROM limited to 0° - 90° knee flexion)
 - FORMCHECKBOX Manual and self stretch for Hamstrings, Gastrocnemius, Hip flexors and ITB / lateral retinaculum
 - FORMCHECKBOX Gentle Patella, fibular head and scar mobilization
 - FORMCHECKBOX NMES for Quadriceps re-education daily
 - FORMCHECKBOX Cryotherapy for pain / edema / effusion
- Weeks 4-6:**
- FORMCHECKBOX Continue Hinged, double-upright brace in full extension
 - FORMCHECKBOX Progressive PWB to FWB by week 6
 - FORMCHECKBOX Initiate PWB closed kinetic chain strengthening
 - FORMCHECKBOX Continue proximal lower extremity open chain exercise
 - FORMCHECKBOX Begin gentle Quadriceps stretching as tolerated (concentrating on proximal attachment – limiting knee flexion to less than 120°)
 - FORMCHECKBOX Continue gentle Patella, fibular head and scar mobilization
 - FORMCHECKBOX Continue NMES for Quadriceps re-education daily
 - FORMCHECKBOX Continue Cryotherapy for pain/edema/effusion
- Weeks 6-12:**
- FORMCHECKBOX Discontinue Hinged, double-upright brace in full extension
 - FORMCHECKBOX Full weight bearing
 - FORMCHECKBOX Begin gait training and standing proprioceptive training

flexion) FORMCHECKBOX Progress closed kinetic chain strengthening for lower extremity
FORMCHECKBOX Progress open kinetic chain strengthening for hip
FORMCHECKBOX Begin gentle resisted open kinetic chain knee extension (90° - 30°

FORMCHECKBOX Continue gentle Patella, fibular head and scar mobilization
FORMCHECKBOX Continue NMES for Quadriceps re-education daily
FORMCHECKBOX Continue Cryotherapy for pain / edema / effusion

Weeks 12-24: FORMCHECKBOX Continue gait training and proprioceptive training
FORMCHECKBOX Progress closed and open kinetic chain strengthening for lower
extremity (avoid hyperflexion at knee and full open kinetic chain knee
extension)

FORMCHECKBOX Begin resisted hamstring strengthening
FORMCHECKBOX Continue lower extremity strengthening
FORMCHECKBOX Begin light jogging, progress to light recreational activities by 20-24

weeks

FORMCHECKBOX Continue NMES for Quadriceps re-education PRN
FORMCHECKBOX Continue Cryotherapy for pain / edema / effusion PRN

Weeks 24+: FORMCHECKBOX High load, repetitive impact activities discouraged
FORMCHECKBOX Squatting into hyperflexion discouraged

Treatment: _____ **times per week** **Duration:** _____ **weeks**
_____ **Home Program**

**Please send progress notes.

Physician's Signature: _____ **Date:** _____

Kristofer J. Jones, M.D., Attending Orthopaedic Surgeon

Place label here

NAME OF PATIENT: _____

MRN: _____

Kristofer J. Jones, M.D.

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