

## MISHA WITH MENISCUS REPAIR PROTOCOL

Please share this with your physical therapist, and contact us if there are any questions.

| POST OPERATIVE TIME $\longrightarrow$  | <b>0-10</b><br>days | tiate<br>ysical<br>reeks<br>11-35<br>days | <b>36-42</b><br>days | Can ea<br>biking, e<br>swim<br>2 mo<br><b>7-8</b><br>weeks | 9-12<br>weeks | Can ease into<br>juats and lunge<br>or strengthening<br>OT BEFORE THEN<br>4 months<br>4<br>months | 5<br>months | 6-12<br>months |
|--|---------------------|---|----------------------|--|---------------|---|-------------|----------------|
| Activities of Daily Living   | aays                | aays                                      | aays                 | weeks  | weeks         | months  | months      | months         |
| Walking  | ~                   | ~   | ~                    | ~  | ~             | ~   | ~           | ~              |
| Squatting with weight on surgical leg<br>(do not put weight on it when it's bent more than 45 degrees) |                     |   |                      | ~  | ~             | ~   | ~           | ~              |
| Showering  | ×                   | ~   | ~                    | ×  | ~             | ×   | ×           | ~              |
| Bath / Hot tub / Sauna   |                     | ~   | ~                    | ~  | ~             | ~   | ~           | ~              |
| Range-of-motion goals  |                     |   |                      |  |               |   |             |                |
| 0°-90°   | ×                   | ~   | ~                    | ~  | ~             | ~   | ~           | ~              |
| 0°-120°  |                     |   | ~                    | ~  | ~             | ~   | ~           | ~              |
| Full ROM   |                     |   |                      | ~  | ~             | ~   | ~           | ~              |
| Patella mobilization   | ~                   | ~   | ~                    | ~  | ~             | ~   | ~           | ~              |
| Stretching   |                     |   |                      |  |               |   |             |                |
| Hamstring  | ~                   | ~   | ~                    | ~  | ~             | ~   | ~           | ~              |
| Gastric-soleus   | ~                   | ~   | ~                    | ~  | ~             | ~   | ~           | ~              |
| lliotibial band  | ~                   | ~   | ~                    | ~  | ~             | ~   | ~           | ~              |
| Quad   |                     |   |                      | ~  | ~             | ~   | ~           | ~              |
| Strengthening  |                     |   |                      |  |               | ~   | ~           | ~              |
| Active knee extension  | ~                   | ~   | ~                    | ~  | ~             | ~   | ~           | ~              |
| Quadriceps isometrics  | ~                   | ~   | ~                    | ~  | ~             | ~   | ~           | ~              |
| Straight leg raises  | ~                   | ~   | ~                    | ~  | ~             | ~   | ~           | ~              |
| Closed-chain strengthening:  |                     |   |                      |  |               |   |             |                |
| Calf raises w/ knee in extension   |                     |   |                      |  |               |   |             |                |
| Wall sits  | •                   | •   | •                    | •  | •             | ~   | ~           | · ·            |
| Squats   |                     |   |                      |  |               |   |             |                |
| Lunges   |                     |   |                      |  |               |   |             |                |
|  |                     |   |                      |  |               | •   | •           | •              |
| Open-chain strengthening:<br>Knee extension quadriceps 0°-90°  |                     |   |                      |  |               |   |             |                |
| Knee flexion hamstrings 0°-90°   |                     |   | ~                    | ~  | ~             | ~   | ~           | · · ·          |
| Multi-hip  |                     |   | •                    | •  | •             | •   | •           | •              |
| Hip abduction-adduction  |                     |   | ~                    | ~  | ~             | ~   | ~           | ~              |
|  |                     |   | •                    | •  | •             | •   | •           |                |
| Balance/proprioceptive training  |                     |   |                      |  |               |   |             |                |
| Weight-shifting  |                     |   |                      | ~  | ×             | ~   | ~           | ~              |
| BAPS   |                     |   |                      |  | ~             | ~   | ~           | ~              |
| BBS  |                     |   |                      |  | ~             | ~   | ~           | ~              |
| Mini-trampoline  |                     |   |                      |  |               | ~   | ~           | ~              |
| Plyometrics  |                     |   |                      |  |               |   | ~           | ~              |
| Conditioning   |                     |   |                      |  |               |   |             |                |
| Upper body ergometer (optional)  | ~                   | <b>~</b>                                  | ~                    | ~  | ✓             | ~   | ~           | ~              |
| Swimming - freestyle   |                     |   |                      | ~  | ~             | ~   | ~           | ~              |
| Aquatic program  |                     |   |                      | ~  | ~             | ~   | ~           | ~              |
| Bike (stationary)  |                     |   |                      |  | ~             | ~   | ~           | ~              |
| Stair climbing machine   |                     |   |                      |  |               | ~   | ~           | ~              |
| Ski machine  |                     |   |                      |  |               |   | ~           | ~              |
| Running: straight - ease in SLOWLY   |                     |   |                      |  |               | ~   | ~           | ~              |
| Cutting  |                     |   |                      |  |               |   | ~           | ~              |
| Lateral carioca  |                     |   |                      |  |               |   | ~           | ~              |
| Figure 8s  |                     |   |                      |  |               |   | ~           | ~              |