

## STANDARD REHABILITATION PROTOCOL

## For repair of meniscus tears extending into the avascular region with a post-op brace placed at the time of surgery

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

POST OPERATIVE TIME	0.01	00.75		Can ease into sical biking, elliptical, apy soirming (NOEBCRETHEN) cets 2 months 4 months				
	0-21 days	<b>22-35</b> days	<b>36-42</b> days	<b>7-8</b> weeks	9-12 weeks	4 months	5 months	6-12 months
Brace use								
(locked in extension during weight bearing)	~	~	~					
Walking	~	~	~	~	~	~	~	~
Showering Bath / Hot tub / Sauna	~	×	×	<ul> <li>✓</li> </ul>	~	×		~
Weight with surgical leg bent		~	~	~	~	~	~	~ ~
5 5 5								
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:								
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				ļ				
Upper body ergometer (optional)	~	~	~	~	~	~	~	~
Swimming - freestyle				~	~	~	~	~
Aquatic program				~	~	~	~	~
Bike (stationary)					~	~	~	~
Stair climbing machine						~	~	~
Ski machine							~	~
Running: straight - ease in SLOWLY						~	~	~
Cutting							~	~
Lateral carioca							~	~
Figure 8s							~	~