

## MISHA WITH MENISCUS REPAIR PROTOCOL

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

POST OPERATIVE TIME $\longrightarrow$	0-10	tiate rsical rapy eeks 11-35	36-42	Can ea biking, e swim 2 ma	l 9-16	4 months I 4	5	6-12
Activities of Daily Living	days	days	days	weeks	weeks	months	5 months	months
Walking	~	~	~	~	~	~	~	~
Squatting with weight on surgical leg (do not put weight on it when it's bent more than 45 degrees)				~	· ·	~	<b>v</b>	~
Showering	~	~	~	~	~	~	· ·	
Bath / Hot tub / Sauna		~	~	~	×	~	~	~
Range-of-motion goals								
0°-90°	~	~	~	~	~	~	~	~
0°-120°			~	~	~	~	~	~
Full ROM				~	~	~	~	~
Patella mobilization	~	~	~	~	~	~	~	~
Stretching								
Hamstring	~	~	~	~	~	~	~	~
Gastroc-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								
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							~	~