

## 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	0-21	<b>22-35</b> days	36-42	iate Can ease into sical biking elliptical, py swimming (NOT BEROR THEN) eeks 2 months 4 months 1 1 1 7-8 9-16 4 5 6-1!				
	days		days	weeks	weeks	months	months	months
Brace use	4		~					
(locked in extension during weight bearing) Walking	· ·	· ·	· ·		~	~	~	
Showering	• •		~	· ·	· ·	· ·	• •	
Bath / Hot tub / Sauna	•	• •	~	~	· ·	~	· •	~
Weight with surgical leg bent				~	~	~	~	~
Range-of-motion goals								
0°-90°	~	~	~	~	~	~	~	~
0°-120°				×	~	~	~	~
Full ROM						~	~	~
Patella mobilization	~	~	~	~	~	~	~	~
Stretching								
Hamstring	~	~	~	~	~	~	×	~
Gastroc-soleus	~	~	~	×	~	~	×	~
Iliotibial 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				<b>~</b>	×	~	✓	~
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							~	~