

MENISCUSTEARS.COM The Knee Preservation Center

MISHA WITH MENISCUS REPAIR PROTOCOL

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

I	Initiate Physical Therapy I week			Can ease into biking, elliptical, swimming 2 months		Can ease into squats and lunges for strengthening (NOT BEFORE THEN) 4 months		
POST OPERATIVE TIME \longrightarrow	0-10 weeks	11-35 days	36-42 days	7-8 weeks	9-16 weeks	l 4 months	5 months	6-12 month
Activities of Daily Living								
Walking Squatting with weight on surgical leg (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				~	~	~	~	<u> </u>
Patella mobilization	~	~	~	~	~	~	~	~
Stretching								
Hamstring	~	~	~	~	~	~	~	~
Gastroc-soleus	~	~	 Image: A set of the set of the	×	~	~	~	~
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 (optiona	ıl) 🗸 🗌	~	~	~	~	~	~	~
Swimming - freestyle				~	~	~	~	~
Aquatic program				~	~	~	~	~
Bike (stationary)					~	~	~	~
Stair climbing machine						~	~	~
Ski machine							~	~
Running: straight - ease in SLOWLY	r					~	~	~
Cutting							~	~
Lateral carioca							×	· ·
Figure 8s							• •	• •
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