

Physical Therapy Prescription

MENISCUS ROOT REPAIR REHABILITATION PROTOCOL				
TIME PERIOD	WEIGHT BEARING	RANGE OF MOTION	BRACE	EXERCISES
0-6 weeks	Strict Non Weight Bearing with crutches	0-90° Flexion	Locked in Extension for ambulation and Sleeping Unlocked from 0 to 90 degrees for ROM Exercises Wear Brace at all times	Heel slides, quad sets, straight leg raises.
6-12 weeks	Wean from crutches. Should fully weight bear by 8 weeks.	Full range of motion. No weight bearing at flexion >90° (squatting) until week 12.	None	Continue previous exercises. Stretching and strengthening okay. Closed chain exercises (not past 90° of flexion). Stationary Bike Ok
12+ weeks	Full weight bearing.	Full range of motion	None	Gradually increase. Ok to begin Jogging and sport specific drills. Return to full activities at 4-6 months post-op

*****Begin Physical Therapy 4-7 days post operatively**

Dane Todd, MD Questions please call: # 402-488-3322 Fax: 402-488-3336		
Patient Name: _____ Surgery Date: _____		
Surgery Performed (circled)	Side (circled):	Right Left
Medial Meniscectomy Lateral Meniscectomy Chondral Debridement	Medial Meniscus Repair Lateral Meniscus Repair Medial Meniscus Root Repair Lateral Meniscus Root Repair	
Physical therapy to evaluate and treat for post op meniscal root repair using the above protocol. 1-2x per week for 12 weeks		
Notes: _____		
MD signature: _____		