GOLDEN STATE ORTHOPEDICS & SPINE Rehabilitation Protocol: Arthroscopic Meniscus Repair

Diagnosis: Date of Surgery: Phase I (Weeks 0-6) • Weightbearing: As tolerated with crutches • Hinged Knee Brace: worn for 4 weeks post-op • Locked in full extension for ambulation and sleeping – remove for hygiene and PT (Weeks 0-2) • Unlocked for ambulation and removed while sleeping, for hygiene and PT (Weeks 2-4) • Neeks 0-4: Full ROM – No weightbearing at flexion angles greater than 90° • Weeks 4-6: Full ROM as tolerated – progress to flexion angles greater than 90° • Isometric abduction and adduction exercises • Patellar Mobilizations • At 4 Weeks 6-12) • Weightbearing: As tolerated discontinue crutch use at 6 weeks • Hinged Knee Brace: Discontinue brace use when patient has achieved full extension with no evidence or extension lag • Range of Motion - Full active ROM • Therapeutic Exercises • Closed chain extension exercises, Hamstring strengthening • Lunges 0-90°, Leg press - 0-90° • Proprioception exercises • Begin use of the stationary bicycle Phase II (Weeks 12-16) • Weightbearing: Full weightbearing with normal gait pattern • Range of Motion - Full/Painless ROM • Therapeutic Exercises • Begin use of the stationary bicycle Phase II (Weeks 12-16)	Name:	Date:
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Maintenance program for strength and endurance	Phase IV ((Months 4-6)
	• Gradua	al return to athletic activity as tolerated
	• Mainte	enance program for strength and endurance
Comments: Patients should avoid tibial rotation for 4-6 weeks post-op	Comments:]	Patients should avoid tibial rotation for 4-6 weeks post-op
Frequency: times per week Duration: weeks		

Signature: _____

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Date: _____

DR CHARLES PRESTON REHABILITATION PROTOCOLS
