

ORTHOMO

11330 Olive Blvd, unit 150
Creve Coeur, MO 63141
Office line: (314) 782-1994

Husam Nawas, M.D
Orthopedic Sports Medicine
Shoulder & Hip Reconstruction
www.HusamNawasMD.com

Meniscal Repair Post-op Physical Therapy Protocol

***Blood Flow Restriction (BFR) encouraged at all stages**

Weeks 0-2 **Primary goals: Eliminate swelling; ROM – full extension;
Touch Down WB; Regain quad control**

- Flat foot Touch down weight bearing (TDWB) x2 weeks
- Brace locked in extension during ambulation with crutches
- Brace locked in extension during sleep (can remove brace to sleep after first post-op visit)
- Brace unlocked while sedentary only for ROM, limited to 0-90, towel rolls under heel while sedentary
- Patella mobilization
- Straight leg raises, heel slides, quad sets, glut and core strength

Weeks 2-4 **Primary goals: Increase total leg strength; Normalize gait**

- Foot-flat weight bearing (FFWB) x4 weeks
- Brace locked in extension for ambulation with crutches with return of active straight leg raise
- ROM 0-90, focus on terminal extension
- Emphasize patellar mobilization
- Straight leg raises, terminal extension, hip abduction, gluteal and core strengthening, ankle pumps
- Quad sets
- Abdominal isometrics

Weeks 4-6 **Primary goals: Increase ROM. Normal ADLs;
Increase functional capacity; Increase strength**

- Gradual full weight bearing, discontinue crutches (if possible)
- Brace may be discontinued when able to ambulate without altered gait or limp
- ROM – WNL
- Treadmill walking (if gait normal)
- Stairmaster – ipsilateral rotation and straight

- Mini squats – bilateral
- Step ups – Anterior: 4 inches gradual to 8 inches
- Step ups – Anteromedial: 4 inches gradual to 8 inches
- Step downs – Anterior & medial: 4 inches, progress to 8 inches
- Unilateral squats, stance, quad sets
- Progress closed chain activities

**Weeks 6-12 Primary goals: Increase functional leg strength;
Normalize balance and proprioception**

- Balance board – unilateral – sagittal & frontal
- Step downs – posterolateral @ 8 inches
- Lunges – anterior and lateral for distance and speed (not depth)
- Increase strengthening especially in frontal and transverse planes
- Hamstring curls
- Proprioception
- Continue closed chain, step ups, mini squats, leg press (0-90 degrees)
- Hip abduction/adduction, calf raises
- Stationary bike

**Weeks 12-20 Primary goals: Increase agility and speed of training;
Normalize strength; Advance to sport specific**

- Initiate Plyometrics
- Initiate running program
- Initiate agility drills
- Sport specific training (after 16 weeks)
- Sliding board side-side with rotation
- Lunges – anterolateral, anteromedial
- Bilateral hopping – low intensity/high volume