



Orthopaedic Associates of Zanesville

Post Operative Physical Therapy Guidelines

Dr Brautigan, MD
Dr Burka, DO

Meniscus Repair (Inside Out and All Inside)

The intent of this protocol is to provide the clinician with a general guideline of the post-operative course of the patient that has undergone the above stated procedure. It is by no means intended to substitute for one's clinical decision making regarding the progression of a patient's post-operative course based on their physical exam findings, individual progress, and/or the presence of possible post-operative complications. If a clinician requires assistance in the progression, please contact the referring surgeon's office.

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<p>0-2 Weeks:</p> <ul style="list-style-type: none"> • TTWB in brace in extension with crutches • Brace in extension for sleeping 0-2 wks. • Active/Passive ROM 0-90° • Quad sets, SLR, Heel Slides • Patellar Mobilization <p>2-4 Weeks:</p> <ul style="list-style-type: none"> • Advance to FWBAT • May unlock brace • Progress with ROM until full • No weight bearing with knee flexion past 90° <p>4-8 Weeks:</p> <ul style="list-style-type: none"> • WBAT with brace unlocked • D/C brace when quad strength adequate (typically around 4 weeks) • D/C crutches when gait normalized • Wall sits to 90° <p>8-12 Weeks:</p> <ul style="list-style-type: none"> • WBAT without brace • Full ROM • Progress with closed chain exercises • Lunges from 0-90° • Leg press 0-90° • Proprioception exercises • Begin Stationary Bike <p>>12 Weeks:</p> <ul style="list-style-type: none"> • Progress Strengthening exercises • Single leg strengthening • Begin jogging and progress to running • Sports specific exercise 	<p>0-4 Weeks:</p> <ul style="list-style-type: none"> • TTWB in brace in extension with crutches • Brace in extension for sleeping 0-2 wks. • Active/Passive ROM 0-90° • Quad sets, SLR, Heel Slides • Patellar Mobilization <p>4-6 Weeks:</p> <ul style="list-style-type: none"> • Advance to FWBAT • May unlock brace • Progress with ROM until full • No weight bearing with knee flexion past 90° <p>6-8 Weeks:</p> <ul style="list-style-type: none"> • WBAT with brace unlocked • D/C brace when quad strength adequate (typically around 6 weeks) • D/C crutches when gait normalized • Wall sits to 90° <p>8-12 Weeks:</p> <ul style="list-style-type: none"> • WBAT without brace • Full ROM • Progress with closed chain exercises • Lunges from 0-90° • Leg press 0-90° • Proprioception exercises • Begin Stationary Bike <p>>12 Weeks:</p> <ul style="list-style-type: none"> • Progress Strengthening exercises • Single leg strengthening • Begin jogging and progress to running • Sports specific exercise