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Physical Therapy Prescription – Meniscus Repair

Name: _____ Date of Surgery: _____

Procedure: R / L knee arthroscopy, meniscus repair

Frequency: 2-3 times per week for 6 weeks

PHASE I (Weeks 0 – 6): Period of protection, decrease edema, activate quadriceps

- **Weight Bearing: Weeks 0-6:** Toe touch weight-bearing in brace with 2 crutches
- **Hinged Knee Brace: Week 1:** Locked in full extension for ambulation and sleeping
 - o **Weeks 2-6:** 0-90 degrees for exercise and sleep, may unlock at rest. Locked for ambulation.
- **Range of Motion:** AAROM → AROM as tolerated; **no weight-bearing with knee flexion angles >90 degrees**
- **Therapeutic Exercises: Heel props to maintain extension,** Patellar mobilization, short arc quadricep sets, heel slides , Gastroc/Soleus stretching, straight-leg raises with brace in full extension until quad strength prevents extension lag
- **Modalities:** Per therapist, including electrical stimulation, ultrasound, heat (before), ice (after)

Phase II (Weeks 6 – 12)

- **Weight Bearing:** As tolerated, progress to 1 crutch, then to unassisted
- **Hinged Knee Brace:** Discontinue at 6 weeks
- **Range of Motion:** Full
 - **Therapeutic Exercises:** Patellar mobilization, quad/hamstring sets, closed chain extension exercises, hamstring curls, toe raises, balance exercises, Gastroc/Soleus stretching; lunges 0-90 degrees, leg press 0-90 degrees
 - Begin use of the stationary bicycle, seat high, drop seat progressively as ROM allows
 - **Modalities:** Per therapist, including electrical stimulation, ultrasound, heat (before), ice (after)

Phase III (Weeks 12 – 16)

- **Range of Motion:** Full, painless
 - **Therapeutic Exercises:** Advance closed chain strengthening exercises and proprioception activities; focus on single-leg strengthening; begin elliptical
 - Straight ahead running permitted at **12 weeks**
 - Swimming okay at **16 weeks**
 - **Modalities:** Per therapist, including electrical stimulation, ultrasound, heat (before), ice (after)

Phase IV (Weeks 16 – 24): Gradual return to athletic activity

- **16 weeks:** begin jumping
- **20 weeks:** advance to sprinting, backward running, cutting/pivoting/changing direction, **functional sports assessment**

Signature _____

Date _____