

Dedication. Compassion. Experience.

Sean E. Rockett, M.D. Agam A. Shah, M.D.

Mark Rose, D.P.M. Ethan M. Healy, M.D. Arthur F. Christiano, M.D. Daniel B. Osuch, M.D.

Symeon V. Zannikos, M.D. Mark A. Finno, M.D. Kevin P. Sullivan, M.D.

Jason C. Saillant, M.D. Michael L. Sganga D.P.M.

Nury Flynn, PA-C, ATC

Asimina Markopoulos, PA-C Karl Haywood, PA-C

Meniscal Repair Rehabilitation Protocol

Ethan M. Healy, M.D.

Pre-op

- TTWB crutch gait instruction
- ROM precautions (flexion limited to 90°)
- Icing
- Therapeutic exercises
 - -A.A.ROM for knee flexion and extension
 - -Quad sets
 - -Anti-phlebetic ankle exercise
- Water precautions

Post-op

- First PT visit 5-7 days post-surgery
- Passive or active-assistive ROM to 90° flexion and full extension
- Remove sutures from arthroscopic portals and re-apply steri-strips
- WBAT with the brace at full extension, crutches
- Therapeutic exercise:
 - -A.A.ROM for flexion to 90° and full extension
 - -Isometric quad, ham, adductor, and abductor
 - -Leg raises without knee motion
 - -Ankle theraband exercises
- Water precautions

Week 2-6

- PT as necessary to meet goals
- Passive or active-assistive ROM to 90° and full extension
- Remove suture from incision and re-apply steri-strips at 2 weeks
- WBAT with crutches, brace locked at full extension until 4-6 weeks post op
- Therapeutic exercise:

NEW ENGLAND BAPTIST'

- -As above
- -Upper extremity exercise okay
- -Swimming okay at 4 wk (straight-leg kick only, no breaststroke)

Cont. on next page







Natick 313 Speen Street

P (508) 655-0471 F (508) 650-3547 Newton 2000 Washington Street Blue Bldg. Suite 322

P (617) 527-5040 F (617) 641-2366 Hopkinton 1 Lumber Street



Dedication. Compassion. Experience.

Sean E. Rockett, M.D. Agam A. Shah, M.D.

Mark Rose, D.P.M. Ethan M. Healy, M.D. Arthur F. Christiano, M.D. Daniel B. Osuch, M.D.

Symeon V. Zannikos, M.D. Mark A. Finno, M.D. Kevin P. Sullivan, M.D.

Jason C. Saillant, M.D. Michael L. Sganga D.P.M.

Nury Flynn, PA-C, ATC

Asimina Markopoulos, PA-C Karl Haywood, PA-C

Week 6-8

- PT as necessary to meet goals Goal: Full flexion and extension ROM
- Transition to FWB gait
- Therapeutic exercises:
 - -A.A.ROM and stretching
 - -Stationary bicycle, ergometer, Stairmaster as tolerated
 - -Lower extremity PRE's with low weight / high repetition protocol
- No impact activities or squatting until 4 month



NEW ENGLAND BAPTIST®





