Meniscal Repair - Small

Date of Surgery: _____

Weight Bearing
☐NWB x _____ wks
☐TDWB x _____wks
☐PWB ___% x _____wks
☐WBAT
☐Brace Locked in Ext x ___ wks

ROM
☐Full ROM
☐Locked full ext x ____wks
☐Locked at ____° x ____wks
☐ROM limits
____° to____° x____wks
____° to____° x____wks
____° to____° x____wks
____° to____° x____wks

CPM
☐ ___° to ___° x ___wks
☐30-70° ⇧10°/d @ dir
☐None

☐**Recommended Clinical Guidelines**

WB: WBAT
Brace: Locked in extension with weight bearing weeks 0-2
Unlocked 0-90 with weight bearing weeks 3-6
ROM: 0-90 weeks 0-2
0-110, except weight bearing weeks 3-6
As tolerated week 6+

☐**Precautions**

Weeks 0-2:
- WBAT with brace in full extension, d/c crutches when comfortable
- Brace locked at full extension while ambulating and sleeping
- Active/passive ROM 0-90 with emphasis on full extension
- Heel slides, quad sets, patellar mobs, ankle pumps
- Straight leg raises (without brace when able to SLR without extension lag)

Weeks 3-6:
- Continue exercises from weeks 0-2
- No passive ROM past 110, no weight bearing past 90 degrees flexion
- D/c brace when quad strength adequate for ambulation
- Mini-squats, weight shifts, initiate step up program
- Closed chain knee extension, stationary bike, weight bearing gastroc/soleus stretch
- Proprioceptive training
- Avoid tibial rotation

Weeks 6-12:
- Unrestricted ROM even with weight bearing
- Advance closed chain strengthening and bike exercises
- Progressive squat program
- Initiate step down program
- Leg press and lunges (start initially with body weight only)
- Proprioceptive exercises

Weeks 13-16+:
- Begin jogging and progress to running
- Progressive strengthening exercises
- Single leg exercises
- Sports specific exercises