

# Meniscus Repair

Name: \_\_\_\_\_

DOB: \_\_\_\_\_

Dr: Rothenberg

DOS: \_\_\_\_\_

## Weeks from surgery

### ROM RESTRICTIONS

0-90 x 2 weeks then FROM

### BRACE SETTINGS

T scope 0-0 x 6 weeks

### Weight Bearing status

NWB x 6 weeks

No open chain resisted hamstring x 16 wks

| ROM & Muscle Initiation   | 1 | 2 | 3 | 4 | 5 | 6 | 7-8 | 9-14+ | 15-20+ | 21-26+ | 27+ |
|---|---|---|---|---|---|---|-----|-------|--------|--------|-----|
| Flexion/Extension – wall slides   |   |   |   |   |   |   |     |       |        |        |     |
| Flexion/Ext – seated/calf assisted  |   |   |   |   |   |   |     |       |        |        |     |
| Patella/Tendon mobilization   |   |   |   |   |   |   |     |       |        |        |     |
| Extension mobilization (no hyperext)  |   |   |   |   |   |   |     |       |        |        |     |
| Quad sets   |   |   |   |   |   |   |     |       |        |        |     |
| Hamstring sets  |   |   |   |   |   |   |     |       |        |        |     |
| Terminal knee extension, Straight leg raise (when no quad lag)  |   |   |   |   |   |   |     |       |        |        |     |
| Ankle pumps   |   |   |   |   |   |   |     |       |        |        |     |
| Bike with no resistance   |   |   |   |   |   |   |     |       |        |        |     |
| <b>Progress to Endurance: ROM &gt;125°, Quad set that terminally extends the knee</b>   |   |   |   |   |   |   |     |       |        |        |     |
| <b>Muscular Endurance 3 x 15, 45s rest</b>  |   |   |   |   |   |   |     | 9-14+ |        |        |     |
| Lateral band stepping   |   |   |   |   |   |   |     |       |        |        |     |
| Single leg leg press  |   |   |   |   |   |   |     |       |        |        |     |
| Squat progression   |   |   |   |   |   |   |     |       |        |        |     |
| RDL   |   |   |   |   |   |   |     |       |        |        |     |
| Tuck squat  |   |   |   |   |   |   |     |       |        |        |     |
| <b>Progress to strength: 15+ weeks &amp; Quad index &gt;70%, Y balance anterior reach &lt;8cm side to side difference</b>                       |   |   |   |   |   |   |     |       |        |        |     |
| <b>Muscular Strength 3 x 10 120s rest</b>   |   |   |   |   |   |   |     |       | 15-20+ |        |     |
| Lateral band stepping   |   |   |   |   |   |   |     |       |        |        |     |
| Single leg leg press  |   |   |   |   |   |   |     |       |        |        |     |
| Hex bar squat   |   |   |   |   |   |   |     |       |        |        |     |
| Kettlebell deadlift   |   |   |   |   |   |   |     |       |        |        |     |
| Elevated split squat  |   |   |   |   |   |   |     |       |        |        |     |
| <b>Progress to power: 21+ weeks &amp; Quad index &gt;90%, Hamstring index &gt;90%, Y balance anterior reach &lt;4cm side to side difference</b> |   |   |   |   |   |   |     |       |        |        |     |
| <b>Muscular Power 3 x 6, 180s rest</b>  |   |   |   |   |   |   |     |       |        | 21-26+ |     |
| Front squat   |   |   |   |   |   |   |     |       |        |        |     |
| Barbell deadlift  |   |   |   |   |   |   |     |       |        |        |     |
| Split jumps   |   |   |   |   |   |   |     |       |        |        |     |
| Sled drags  |   |   |   |   |   |   |     |       |        |        |     |
| <b>Progress to running: 27+ weeks &amp; Triple hop distance &gt;90% of unaffected side</b>  |   |   |   |   |   |   |     |       |        |        |     |
| <b>Running, Speed &amp; Agility</b>   |   |   |   |   |   |   |     |       |        |        | 27+ |
| Running progression   |   |   |   |   |   |   |     |       |        |        |     |
| Ladder footwork drills  |   |   |   |   |   |   |     |       |        |        |     |
| Forward & backward cone drills  |   |   |   |   |   |   |     |       |        |        |     |
| Lateral cone drills   |   |   |   |   |   |   |     |       |        |        |     |
| <b>High Level Activities</b>  |   |   |   |   |   |   |     |       |        | 21-26+ | 27+ |
| Golf, outdoor biking  |   |   |   |   |   |   |     |       |        |        |     |
| Clearance for other activities made by Dr Rothenberg and based on different factors including passing the included progression criteria         |   |   |   |   |   |   |     |       |        |        |     |