## Dr. Bowen’s PT Protocol

### Meniscal Repair PT Protocol

<table>
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<tr>
<th>NO. OF WEEKS POST OP</th>
<th>GOALS</th>
<th>BRACE</th>
<th>STRENTH EXERCISES</th>
<th>ROM EXERCISES</th>
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| 0-2                  | - Control Pain, inflammation, and effusion  
- Independent in HEP  
- Ambulate w/o assistive device in extension brace | Brace locked at 0º WBAT* | - Quad sets  
- SLR  
- Prone hip extension  
- Side lying hip abduction  
- Stool laps  
- Calf raises | - Passive, 0-90  
- Hamstring Stretch  
- Bike for ROM only  
- Seated assisted heel slides with towel  
- Prone hangs to facilitate extension  
- Prone flexion with rope to facilitate flexion  
- Supine swiss ball knee flexion |
| 2-6                  | - Control pain, effusion, edema  
- FWB with good quad control  
- Gain full knee ROM  
- Neuromuscular reeducation for quadriceps | Brace locked at 0º WBAT* | - Quad sets w/ Biofeedback  
- Heelwalks/ Calf Raises  
- Hip flex/ abd/add/ext 4 way SRL's  
- Low resistance bilateral leg press w/ limited ROM (begin at week 4)  
- Supine Swiss Ball Curls for Hamstrings  
- Open chain resisted knee extension  
- Open chair hamstring curl  
- Balance exercises | - PROM, full by end 6-10 weeks  
- Bike  
- Prone hangs as needed  
- Prone flexion to reach goal |
| 6-10                 | - Progression of LE strength  
- Gain full knee ROM | D/C brace at 6 weeks | - Open chain resisted knee extension  
- Open chair hamstring curl  
- Balance exercises  
- Leg press bilateral w/ limited ROM gradual progression with resistance level and ROM | - PROM, full by end 6-10 weeks  
- Bike  
- Prone hangs as needed  
- Prone flexion to reach goal |
| 10-16                | - Improve neuromuscular control  
- Progress skill training for sport  
- Achieve maximal strength and endurance required for return to sport  
- Return to Sport after follow up M.D. appointment at 4 months and passing scores on Isokinetic/ Functional testing | N/A | - Open chain resisted knee extension  
- Open chair hamstring curl  
- Balance exercises  
- Leg press bilateral and unilateral  
- Sports specific exercises  
- Begin jogging at week 10  
- Plyometrics at week 14  
- Functional testing at week 16 | - Ensure full knee extension |
## Meniscal Repair

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<td>- Open chain resisted knee extension&lt;br&gt;- Open chair hamstring curl&lt;br&gt;- Balance exercises&lt;br&gt;- Leg press bilateral and unilateral&lt;br&gt;- Sports specific exercises&lt;br&gt;- Begin jogging at week 10&lt;br&gt;- Plyometrics at week 14&lt;br&gt;- Functional testing at week 16</td>
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