

# Dr. Bowen's PT Protocol

## Meniscal Repair PT Protocol

NO. OF WEEKS POST OP	GOALS	BRACE	STRENGTH EXERCISES	ROM EXERCISES
0-2	<ul style="list-style-type: none"> <li>- Control Pain, inflammation, and effusion</li> <li>- Independent in HEP</li> <li>- Ambulate w/o assistive device in extension brace</li> </ul>	Brace locked at 0° WBAT*	<ul style="list-style-type: none"> <li>- Quad sets</li> <li>- SLR</li> <li>- Prone hip extension</li> <li>- Side lying hip abduction</li> <li>- Stool laps</li> <li>- Calf raises</li> </ul>	<ul style="list-style-type: none"> <li>- Passive, 0-90</li> <li>- Hamstring Stretch</li> <li>- Bike for ROM only</li> <li>- Seated assisted heel slides with towel</li> <li>- Prone hangs to facilitate extension</li> <li>- Prone flexion with rope to facilitate flexion</li> <li>- Supine swiss ball knee flexion</li> </ul>
2-6	<ul style="list-style-type: none"> <li>- Control pain, effusion, edema</li> <li>- FWB with good quad control</li> <li>- Gain full knee ROM</li> <li>- Neuromuscular reeducation for quadriceps</li> </ul>	Brace locked at 0° WBAT*	<ul style="list-style-type: none"> <li>- Quad sets w/ Biofeedback</li> <li>- Heelwalks/ Calf Raises</li> <li>- Hip flex/ abd/add/ext 4 way SRL's</li> <li>- Low resistance bilateral leg press w/ limited ROM (begin at week 4)</li> <li>- Supine Swiss Ball Curls for Hamstrings</li> <li>- Open chain resisted knee extension</li> <li>- Open chair hamstring curl</li> <li>- Balance exercises</li> </ul>	<ul style="list-style-type: none"> <li>- PROM, full by end 6-10 weeks</li> <li>- Bike</li> <li>- Prone hangs as needed</li> <li>- Prone flexion to reach goal</li> </ul>
6-10	<ul style="list-style-type: none"> <li>- Progression of LE strength</li> <li>- Gain full knee ROM</li> </ul>	D/C brace at 6 weeks	<ul style="list-style-type: none"> <li>- Open chain resisted knee extension</li> <li>- Open chair hamstring curl</li> <li>- Balance exercises</li> <li>- Leg press bilateral w/ limited ROM gradual progression with resistance level and ROM</li> </ul>	<ul style="list-style-type: none"> <li>- PROM, full by end 6-10 weeks</li> <li>- Bike</li> <li>- Prone hangs as needed</li> <li>- Prone flexion to reach goal</li> </ul>
10-16	<ul style="list-style-type: none"> <li>- Improve neuromuscular control</li> <li>- Progress skill training for sport</li> <li>- Achieve maximal strength and endurance required for return to sport</li> <li>- Return to Sport after follow up M.D. appointment at 4 months and passing scores on Isokinetic/ Functional testing</li> </ul>	N/A	<ul style="list-style-type: none"> <li>- Open chain resisted knee extension</li> <li>- Open chair hamstring curl</li> <li>- Balance exercises</li> <li>- Leg press bilateral and unilateral</li> <li>- Sports specific exercises</li> <li>- Begin jogging at week 10</li> <li>- Plyometrics at week 14</li> <li>- Functional testing at week 16</li> </ul>	<ul style="list-style-type: none"> <li>- Ensure full knee extension</li> </ul>

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