#### Taylor R. Dunphy, MD Newport Orthopedic Institute

Orthopaedic Surgery and Sports Medicine

PATIENT NAME

Newport Orthopedic Institute

949.722.7038 OFFICE

949.722.5038 FAX

CA License: A129372

**DIAGNOSIS: ( LEFT / RIGHT ) MEDIAL/LATERAL MENISCAL REPAIR­­­­­­­­**

**DATE OF SURGERY\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**KNEE PHYSICAL THERAPY PRESCRIPTION**

**0-2 Weeks—TDWB IN BRACE, crutches, Passive ROM 0-60 only, Straight leg raise, isometric quads, icing and edema control, prone heel hangs, ankle pumps.**

**2 Weeks s/p Reconstruction**

* Advance to full WB with brace locked in extension
* Progress AAROM and AROM 0 –90. Limit flexion to 90 for 4 weeks to protect meniscus. Passive terminal extension (40° - 0°)
* Quadriceps re-education E-stim / Biofeedback
* Isometrics at 90° / Straight Leg Raises with 1lb weight
* Patellar mobilization (gentle)
* Short crank bicycle ergometry
* Cryotherapy
* Goals - 90° flexion by end week 4
	+ 110° flexion by end week 6

**6 Weeks s/p Reconstruction—DC brace, allow full weight bearing.**

* Open Brace then discontinue if quad control is good.
* Terminal ROM flex and extension. No limitations
* Begin squat/step program
* Quadriceps strengthening
* Continue closed chain Quadriceps strengthening in full arc (leg press, wall slides)
* Begin retro program

**12 Weeks s/p Reconstruction**

* Quadriceps Isotonics - full arc for closed chain.
* Begin functional exercise program
* Isokinetic Quadriceps with distal pad
* Begin running program at 16 weeks

**Physician’s Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Taylor R. Dunphy, MD, Orthopaedic Surgeon, Newport Orthopedic Institute**