

NASSOS ORTHOPAEDIC SURGERY AND SPORTS MEDICINE

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PATIENT NAME: _____

DATE: _____

MENISCUS REPAIR PROTOCOL

PHYSICAL THERAPY:

WEEK 1-3: SWELLING CONTROL AND SCAR TISSUE MOBILIZATION.
PARTIAL WEIGHTBEARING WITH THE BRACE LOCKED AT 0 DEGREES.
AROM AND PROM IS ALLOWED FROM 0-90. PATELLAR MOBILIZATION AND
QUADRICEPS ISOMETRICS. PROPRIOCEPTION TRAINING WITH BRACE LOCKED AT
0 DEGREES.

WEEK 4-6: WBAT WITH THE BRACE LOCKED IN EXTENSION.
ALLOW PROGRESSION TO FULL ROM AS TOLERATED.
PROGRESSIVE CLOSED CHAIN RESISTANCE EXERCISES (1-5 POUNDS).
BEGIN TOE RAISES AND NO RESISTANCE CYCLING.

WEEK 6-10: MAY DISCONTINUE BRACING. INCREASE RESISTANCE AS
TOLERATED. MINI-SQUATS, SWIMMING, CYCLING, STAIR MASTER.
BEGIN BALANCE BOARD AND PLYOMETRICS.

WEEK 11-16: BEGIN RUNNING, SPORT SPECIFIC TRAINING AND WORK
HARDENING AS NEEDED FOR RETURN TO FULL ACTIVITY.

FREQUENCY: _____ DURATION: _____

SIGNATURE: _____ JONATHAN T. NASSOS, M.D.