

**Dr. Pathik Shah**  
**Sports, Revision Sports and Regenerative Sports Orthopaedic Surgeon**  
DNB Ortho (Mumbai), MNAMS (New Delhi), MBBS  
AOSSM Sports Surgery Fellowship (California, USA),  
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Diploma in Football medicine (FIFA)

## **PHYSICAL THERAPY PRESCRIPTION**

### **PROCEDURE: MENISCUS REPAIR**

#### **EARLY POST-OP (0-2 WEEKS)**

**GOALS:**

Pain and swelling control

**EXERCISES/RESTRICTIONS:**

**Brace at all times, locked in extension while not performing exercises and sleeping**

**Weight bearing status: Non weight bearing with walker**

Passive/Active ROM

Straight leg raise, quad isometrics

Patella mobilizations

#### **PHASE I (2-6 WEEKS)**

**GOALS:**

ROM to 90

Meniscus healing

Quadriceps control

Good patella mobility

**EXERCISES/RESTRICTIONS:**

**Brace/crutches**

**Brace at all times, locked in extension while not performing exercises and sleeping**

**Weight bearing status: Partial to full weight bearing with walker**

Patella mobilizations

Active/passive/AAROM upto 90

Straight leg raise and quad isometrics

Modalities OK

Home exercise program

#### **PHASE II (6-12 WEEKS)**

**GOALS:**

ROM to normal

Normal patellar mobility

Restore normal gait

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Ascent stairs with good control

Return to normal ADL

***EXERCISES/RESTRICTIONS:***

Switch to hinge knee brace then wean off walker and out of brace with good gait and swelling well controlled

AAROM exercises

Leg press—0-90 deg arc

Step-up/Step-down / Lunges and squats

Proprioception/balance program

Hip/CORE program

Stair master/elliptical

Modalities OK

Home exercise program

**PHASE III (12-20 WEEKS)**

***GOALS:***

Descend stairs with good control

Improve flexibility

**Running at 4-5 months when cleared**

***EXERCISES/RESTRICTIONS:***

Progress squat program

Advance quad/hamstring program

Proprioception training

Agility exercises

Lower extremity stretching

Modalities

Home exercise program

**PHASE IV (>20 WEEKS)**

***GOALS:***

Sport specific activity

Competitive activities at 9 months

***EXERCISES/RESTRICTIONS:***

Continue LE strengthening/flexibility

Forward running

Brace for sports