UCSF Physical Therapy Referral

UCSF Sports Medicine at the Orthopaedic Institute
Physical Therapy Prescription- Standard Meniscus Repair
Surgery: meniscus repair

Evaluate and Treat per therapist plan 1-2 times/week for 6-8 weeks. Please contact the office for renewal as needed.

Phase	Time	Exercises/Activities/**Restrictions**	Goals
Early Post op	0-2weeks	**Brace at all times, locked in extension while weightbearing and sleeping** **WB STATUS: Non WB with crutches** Passive/Active ROM Straight leg raise, quad isometrics Patella mobilizations	Pain and swelling control
Phase I	2-6 weeks	**Brace/crutches** **Brace at all times, locked in extension while weightbearing and sleeping** **Touchdown weightbearing with crutches** Patella mobilizations Active/passive/AAROM Straight leg raise and quad isometrics Modalities OK Home exercise program	ROM to 90 Meniscus healing Quadriceps control Good patella mobility
Phase II	6-12 weeks	AAROM exercises Weightbearing as tolerated Unlock brace, then wean off crutches and out of brace with good gait and swelling well controlled 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	ROM to normal Normal patellar mobility Restore normal gait Ascent stairs with good control Return to normal ADL
Phase III	12-20 weeks	Progress squat program Advance quad/hamstring program Proprioception training Agility exercises Lower extremity stretching Modalities Home exercise program	Descend stairs with good control Improve flexibility **Running at 4-5 months when cleared by MD**

UCSF Health
Sports Medicine

| Phase IV | >20 weeks | Continue LE strengthening/flexibility
Forward running (per MD)
Brace for sports (per MD) | Sport specific activity
competitive activities
at 6+ months |

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Sports Medicine