

S/P MENISCAL REPAIR
JOSEPH R. MISSON, MD

PATIENT _____

DATE OF SURGERY _____

POST-OP DAY 2 - DAY 28

INITIATE OUTPATIENT PHYSICAL THERAPY ON 2nd POST-OP DAY

Frequency/Duration of treatment to be determined by therapist

Instruct HEP

DRESSING CHANGE

Remove surgical dressing

Clean incision sites with alcohol

Apply steril guaze pad and hold in place with TED hose (do not use tape directly on the skin)

Instruct patient in home dressing change (to be completed daily until no drainage)

Steri strips to remain in place until they fall off. Steri strips may be trimmed as they peel off.

Patient may shower after first therapy appointment. Patient is not allowed to take a bath

ROM

0 - 90 degrees until day 29

ASSISTIVE DEVICE

Crutches or walker

WEIGHT BEARING

30 - 40 lbs.

TED HOSE

Operative leg 4 weeks / non-operative leg 2 weeks

THER-EX

Heel slides 0 - 90 degrees until day 29

Quad sets

Straight leg raise

Patellar Mobilization

4-way T-band for hip

MODALITIES

Cryotherapy

E-stim (PRN)

Biofeedback (PRN)

DAY 29

THER-EX

Continue above exercises with progression based on pain and swelling

Stationary Bike

Treadmill - begin single leg and progress to double leg within the first week

Wall sits

Calf raises

Leg press

Leg curl

Proprioceptive training

Initiate functional drills

Initiate treadmill jogging when pain and swelling have subsided

Pool therapy may be initiated after 4 weeks

PRECAUTIONS

PROGRESS ROM AS TOLERATING

NO OPEN CHAIN KNEE EXTENSION

AVOID DEEPT SQUATING, PIVOTING, TWISTING OR RUNNING UNTIL 3 MONTHS POST-OP

Physician Signature

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