

MENISCAL REPAIR, ALL-INSIDE

Dr. Mark McCarthy
 Chippewa Valley Orthopedics & Sports Medicine
 1200 OakLeaf Way, Suite A 757 Lakeland Drive, Suite B
 Altoona, WI 54720 Chippewa Falls, WI 54729

Patient _____
 DOS _____

	POW 0-2	POW 2-4	POW 4-6	POW 6-12	POW 12-20
Weight Bearing	Full weight bearing** Brace locked in extension	Full weight bearing with brace open 0-90°	Full weight bearing, discharge brace if appropriate quad strength		
Brace	Locked 0° for sleeping and all activity Remove for hygiene and exercises	Open 0-90° Remove at night	Goal: discharge brace by week 6		
ROM	0-90° when non-weight bearing	Increase as tolerated	Full motion		
Exercises	Heel slides Quad sets Patellar mobilizations SLR SAQ* Ankle pumps	Heel raises Total Gym < 90° Overball/Sportcord Sidelying Hip Abduction Prone Hip Extension No weight bearing with flexion >90°	Progress closed chain activity Lunges Leg Press 0-90° Core Squats Wall Sits Front/Lateral Step ups Step downs Stationary Bike when able Double Leg Balance	Continue exercise progressions Single Leg Balance Balance and Reach Vectors Single leg squats Eccentric Hamstrings Eliptical Swimming ok at 12 weeks Advance to sport specific drills and running/jumping after 16 weeks once cleared by MD	
Revised January 2022					

**Weight bearing status may vary depending on nature of meniscus repair. Please refer to specific PT Rx provided for confirmation of WB status

*Avoid any tibial rotation for 8 weeks to protect meniscus

Any Questions? Please contact:
Northwoods Therapy Associates
 Altoona, WI (715) 839-9266/ Chippewa Falls, WI (715) 723-5060