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Meniscus Repair/Meniscal Transplant
 With or without ACL or osteotomy
 Randy Clark MD

	WEIGHT BEARING	BRACE	RANGE OF MOTION	GOALS	EXERCISES
0-2 weeks	Non weight bearing in brace and crutches	Immobilizer locked straight when up	0-90 when seated	Dec pain and swelling	Elevation, icing, SLR in brace
2-6 weeks <i>*Start Physical therapy at 2 weeks</i>	Toe touch weight bearing in brace and crutches	Immobilizer locked straight when up	1- 0-90 only when seated 2- no manipulation	1- flexion to 90 degrees 2- SLR against gravity	1- No resistance strengthening 2- SLR
6-10 weeks	Weight bearing as tolerated	Ok to remove with good quad control	Progress to full ROM	Full ROM	1- Stationary bike 2- Gait training 3- Begin closed chain strengthening 4- No running/jumping/sports 5- Avoid twisting while weight bearing and no squatting greater than 90 degrees
10-16 weeks	Weight bearing as tolerated	None	Full ROM	Symmetric quad girth and strength	1- Advance strengthening 2- Closed chain only 3- No sports/jumping 4- Avoid twisting while weight bearing and no squatting greater than 90 degrees
16+ weeks	Ok to begin jogging	None	Full ROM	Sport specific activities	1- Gegin agility and plyometrics program 2- CV conditioning Return to Sports: 1- >80% strength vs. opposite leg 2- >90% hop test 3- Cutting/running/jumping confidence 4- Physician clearance

Specific Recommendations /Restrictions /Goals:
