Meniscus Repair - Vertical, Longitudinal, Other

| | Name: | | | | | | | DOB: | | | | |
|---|--|------|--------|-------|--------|--------------|--------|------------|----------------------|-----------|------------------|------|
| | Dr: Doan | | | | | | | DOS: | | | | |
| | | | | | | | | | | | | |
| | 1 | | | | | | | | | | | |
| ROM | | _ | | | | | | | | | | |
| RESTRICTIONS | ROM & Muscle Initiation | 1 | 2 | 3 | 4 | 5 | 6 | 7-12+ | 13 –18+ | 19–24+ | 25–28+ | 29+ |
| | Flexion/Extension – wall slides | | | | | | | | | | | |
| 0-90 x 2 weeks then FROM | Flexion/Ext - seated/calf assisted | | | | | | | | | | | |
| | Patella/Tendon mobilization | | | | | | | | | | | |
| | Extension mobilization (no | | | | | | | | | | | |
| | hyperext) Quad sets | | | | | | | | | | | |
| BRACE SETTINGS | Hamstring sets | | | | | | | | | | | |
| | Straight leg raise, terminal knee | | | | | | | | | | | |
| | extension (when no quad lag) | | | | | | | | | | | |
| | Ankle pumps | | | | | | | | | | | |
| T scope 0-0 x | Bike with no resistance | | | | | | | | | | | |
| 6 weeks | Progress to Endurance: 7+ weeks | & RO | M >1 | 1250, | Qua | ad s | et th | at termina | lly extend | s the kne | е | |
| | Muscular Endurance 3 x 15, 45s rest | | | | | | | 7-12+ | | | | |
| | Lateral band stepping | | | | | | | | | | | |
| Weight | Single leg leg press | | | | | | | | | | | |
| Bearing status | Squat progression | | | | | | | | | | | |
| | RDL | | | | | | | | | | | |
| | Tuck squat | | | | | | | | | | | |
| NWB x 2 wks | Progress to strength: 13+ weeks & | Oua | d inc | lov · | 70% | . V | hala | naa antar | ! !- | 0 | to side | ı |
| _ | II Trogress to strength. 15 Weeks & | Qua | a iiic | ICA - | 707 | וו, כ | vaia | nce anter | ıor reacn < | cocm siae | e to side | |
| then | difference | Qua | a inc | icx > | - 10 / | 0, 1 1 | Jaia | nce anter | | escm siae | e to side | |
| PWB x 2 wks | difference Muscular Strength 3 x 10 120s rest | Qua | u me | icx > | 707 | o, 1 1 | Jaia | nce anter | 13-18+ | escm siae | to side | |
| | difference Muscular Strength 3 x 10 120s rest Lateral band stepping | Qua | a inc | | 70% | 5, 11 | Jaia | nce anter | | secm side | loside | |
| PWB x 2 wks | difference Muscular Strength 3 x 10 120s rest | Qual | | | -70% | 5, 1 | Jaia | nce anter | | ascm side | to side | |
| PWB x 2 wks | difference Muscular Strength 3 x 10 120s rest Lateral band stepping | Qual | | | -10% | , , , | Jaia | nce anter | | escm side | to side | |
| PWB x 2 wks then FWB No open chain | difference Muscular Strength 3 x 10 120s rest Lateral band stepping Single leg leg press | Qual | | | | 5, 1 | Jaia | nce anter | | R8CM SIGE | losiae | |
| PWB x 2 wks then FWB No open chain resisted | difference Muscular Strength 3 x 10 120s rest Lateral band stepping Single leg leg press Hex bar squat Kettlebell deadlift Elevated split squat | | | | | | | | 13-18+ | | | |
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