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PATIENT NAME:

PROCEDURE:

DATE OF SURGERY:

PHYSICAL THERAPY PROTOCOL – Meniscal Repair (radial tear)

Phase I: 0-2 weeks

- Edema and pain control
- Weight bearing status: TTWB with brace locked in extension and crutches
- ROM: 0-90 degrees
- Brace: locked in extension during ambulation and sleeping
- Exercises: heel slides, patellar mobs, gastroc/soleus stretch, calf pumps, straight leg raises

Phase II: 2-6 weeks

- Weight Bearing Status: TTWB with brace locked in extension and crutches
- ROM: full active range of motion
- Brace: unlocked except during ambulation
- Exercises: Phase I + hip/glutes/core

Phase III: 6-12 weeks

- WB status: full
- ROM: full
- Brace: none
- Exercise: Phase II + close chain quads, hamstring curls, step-ups, front/side planks; progressive proprioception exercises; begin running straight ahead

Phase IV: 3-6 months

- WB status: full
- ROM: full
- Brace: none
- Exercise: Phase III + advance to open chain exercises, return to sports as tolerated