

# NASSOS ORTHOPAEDIC SURGERY AND SPORTS MEDICINE

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PATIENT NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

## MENISCUS REPAIR PROTOCOL

### PHYSICAL THERAPY:

**WEEK 1-3:** SWELLING CONTROL AND SCAR TISSUE MOBILIZATION.  
PARTIAL WEIGHTBEARING WITH THE BRACE LOCKED AT 0 DEGREES.  
AROM AND PROM IS ALLOWED FROM 0-90. PATELLAR MOBILIZATION AND  
QUADRICEPS ISOMETRICS. PROPRIOCEPTION TRAINING WITH BRACE LOCKED AT  
0 DEGREES.

**WEEK 4-6:** WBAT WITH THE BRACE LOCKED IN EXTENSION.  
ALLOW PROGRESSION TO FULL ROM AS TOLERATED.  
PROGRESSIVE CLOSED CHAIN RESISTANCE EXERCISES (1-5 POUNDS).  
BEGIN TOE RAISES AND NO RESISTANCE CYCLING.

**WEEK 6-10:** MAY DISCONTINUE BRACING. INCREASE RESISTANCE AS  
TOLERATED. MINI-SQUATS, SWIMMING, CYCLING, STAIR MASTER.  
BEGIN BALANCE BOARD AND PLYOMETRICS.

**WEEK 11-16:** BEGIN RUNNING, SPORT SPECIFIC TRAINING AND WORK  
HARDENING AS NEEDED FOR RETURN TO FULL ACTIVITY.

FREQUENCY: \_\_\_\_\_ DURATION: \_\_\_\_\_

SIGNATURE: \_\_\_\_\_ JONATHAN T. NASSOS, M.D.