

PHYSICAL THERAPY PRESCRIPTION

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Keck Medicine of USC

PATIENT STICKER

DATE OF SURGERY: _____

DIAGNOSIS: (LEFT/RIGHT) MEDIAL/LATERAL MENISCAL REPAIR

KNEE PHYSICAL THERAPY PRESCRIPTION

0-2 Weeks:

TDWB IN BRACE, crutches, Passive ROM 0-60 only, Straight leg raise, isometric quads, icing and edema control, ankle pumps.

2 Weeks S/P Reconstruction:

- ___ Advance to full WB with brace locked in extension
- ___ Progress AAROM and AROM 0 – 90. Limit flexion to 90 for 4 weeks to protect meniscus. Passive terminal extension (40 degrees - 0 degrees)
- ___ Quadriceps re-education E-stim / Biofeedback
- ___ Isometrics at 90 degrees / Straight Leg Raises with 1 lb weight
- ___ Patellar mobilization (gentle)
- ___ Short crank bicycle ergometry
- ___ Cryotherapy
- ___ Goals: 90-degree flexion by end week 4
110-degree flexion by end week 6

6 Weeks S/P Reconstruction—DC brace, allow full weight bearing:

- ___ Open Brace then discontinue if quad control is good.
- ___ Terminal ROM flex and extension. No limitations
- ___ Begin squat/step program
- ___ Quadriceps strengthening
- ___ Continue closed chain Quadriceps strengthening in full arc (leg press, wall slides)
- ___ Begin retro program

12 Weeks S/P Reconstruction:

- ___ Quadriceps Isotonics - full arc for closed chain.
- ___ Begin functional exercise program
- ___ Isokinetic Quadriceps with distal pad
- ___ Begin running program at 16 weeks

Treatment: _____ times per week Duration: _____ weeks

Physician's Signature: _____

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