

MENISCUS REHAB GUIDANCE

The enclosed information is an example of a structured plan and should not be replaced as medical advice or carried out without a trained individual's guidance.

Bodylogics can take no responsibility for those who decide to take this as medical advice without first undertaking a thorough assessment to evaluate your individual needs.

For more information on our meniscus rehabilitation programme then please feel free to contact us to discuss how we may be able to assist you in your recovery.

BODYLOGICS
Health and Fitness Clinic

To find out more and for more information:

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MENISCUS TEAR REHABILITATION PROTOCOL

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STAGE 2

WEEK 6-14 POST-SURGERY

- Restore Full ROM.
- Restore normal gait (non-antalgic).
- Demonstrate ability to ascend and descend 8" stairs with good leg control without pain.
- Improve ADL endurance.
- Improve lower extremity flexibility.
- Independence in home therapeutic exercise program.



STAGE 1

0-6 WEEKS POST-SURGERY

- Emphasis on full passive extension.
- Control post-operative pain/swelling.
- Range of Motion → 90° flexion.
- Regain quadriceps control.
- Independence in home therapeutic exercise program.



STAGE 3

WEEK 14-22 POST SURGERY

- Demonstrate ability to run pain free
- Maximize strength and flexibility as to meet demands of activities of daily living.
- Hop Test > 85% limb symmetry.
- Isokinetic test > 85% limb symmetry.
- Lack of apprehension with sport specific movements.
- Flexibility to accepted levels of sport performance.
- Independence with gym program for maintenance and progression of therapeutic exercise program at discharge.