**Mr Rob Gilbert**

**PHASE 1 – Week 1-2**

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| **Week** | **Exercise** | **Goals** |
| 1-2 | **ROM**  0°-90° ROM exs  Patellar mobs  Ankle pumps  Gastroc/soleus stretch  Hamstring/ITB stretch  Prone hangs/heel props  **STRENGTH**  Static Qs  SLRs  Hip strengthening  **WEIGHT BEARING**  PWB | Control pain and inflammation - ice  Adequate quad/VMO contraction  Independent HEP  PWB  ROM 0° - 90° |

**PHASE 2 – Weeks 2-6**

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| **Week** | **Exercise** | **Goals** |
| 2-6 | **ROM**  ROM exs 0°- 90˚  Patellar mobs  Gastroc/soleus stretch  Hamstring/ITB stretch  Prone hangs/heel props as needed  Heel/wall slides to reach goal  **STRENGTH**  Static Qs  SLR with ankle weights  VMO  Knee extension 90˚ - 30˚  **WEIGHT BEARING**  PWB | Control pain and inflammation – ice  Adequate quad/VMO contraction  Independent HEP  PWB  ROM 0°- 90° |

**PHASE 3 – Weeks 6-12**

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| **Week** | **Exercise** | **Goals** |
| 6-12 | **ROM**  Full ROM exs  Gastroc/soleus stretch  Hamstring/quad/ITB stretch  Prone hangs/heel props as needed  Patellar mobs if required  **STRENGTH**  Exs bike/cross trainer/rower  Wall squats/mini squats  Knee extension (90°-30°)  Hamstring Curls  Leg press  Step ups  Heel raises/toe raises  Lunges  **BALANCE TRAINING**  Single leg balance  Wobble board/cushion  Bosu  **WEIGHT BEARING**  FWB | Control pain and inflammation  FWB  Increase lower extremity strength and endurance  Enhance proprioception, balance and co-ordination  Complete readiness for sport specific activity  Recover full ROM |

**PHASE 4- Weeks 12-36**

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| **Week** | **Exercise** | **Goal** |
| 12-36 | **ROM**  Continue stretches  **STRENGTH**  Continue and progress strengthening (allow full squats)  Swimming  **RUNNING PROGRAMME**  Treadmill running  Progress to outdoor running  **CUTTING PROGRAMME**  Lateral shuffle  Figure 8s  Cariocas  **FUNCTIONAL TRAINING**  Initiate light plyometrics and progress as able  Sport specific drills | Enhance neuromuscular control  Progress skill training  Perform controlled sport specific activity and progress to unrestricted sporting activity  Achieve maximal strength and endurance |

**Return to Driving** – patient must be fully weight-bearing and have the ability and control to perform an emergency stop

**Return to Sport** – to safely and most efficiently return to normal or high level functional activity, the patient requires adequate strength, flexibility and endurance. Return to intense activities such as impact loading, jogging, deep knee flexion, or pivoting and shifting early post-operatively **may increase the overall chance of a repeat meniscal tear. No deep squats until at least 12 weeks.**

**Dependent upon the location and size of the repair, weight bearing status post-operatively as well as the intensity and time frame of functional activities may vary. The protocol is divided into phases. Each phase is adaptable based on the individual patient.**