



AUCKLAND BONE AND JOINT SURGERY

AUT Millennium, 17 Antares Pl, Mairangi Bay
& Ascot Hospital, 90 Greenlane Rd East, Remuera
www.matthewboyle.co.nz

phone: (09) 281 6733
fax: (09) 479 3805
office@matthewboyle.co.nz

Rehabilitation prescription for:

label

Dr. Boyle's Meniscal Repair Rehabilitation Protocol

| |
|------------------------|
| Diagnosis: |
| Procedure date: |
| S/P: |

| | WEEK | | | | | | | | | | MONTH | | | |
|--|------|---|---|---|---|---|---|---|---|----|-------|---|---|---|
| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 3 | 4 | 5 | 6 |
| PHASE 1 EXERCISES | | | | | | | | | | | | | | |
| Extension/flexion sitting prone | • | • | • | • | • | • | • | • | • | • | • | • | • | • |
| Quad sets with straight leg raises | • | • | • | • | • | • | • | • | • | • | • | • | • | • |
| Hamstring sets | • | • | • | • | • | • | | | | | | | | |
| Patella mobs/quad & patellar tendon mobs | • | • | • | • | • | • | | | | | | | | |
| Wall slides | | | | | | | | | | | | • | • | • |
| Toe and heel raises | • | • | • | • | • | • | • | • | • | • | • | • | • | • |
| MUSCLE STRETCHES | | | | | | | | | | | | | | |
| Sit and reach for hamstrings | • | • | • | • | • | • | • | • | • | • | • | • | • | • |
| Lying rectus | | | • | • | • | • | • | • | • | • | • | • | • | • |
| Stork stand for quadriceps | | | | | | • | • | • | • | • | • | • | • | • |
| Runners stretch for calf and achilles | • | • | • | • | • | • | • | • | • | • | • | • | • | • |
| CARDIOVASCULAR EXERCISES | | | | | | | | | | | | | | |
| Stationary bike with both legs (start high seat) | | | | • | • | • | • | • | • | • | • | • | • | • |
| Aquajogging | | | | | | • | • | • | • | • | • | • | • | • |
| Swimming | | | | | | | | | • | • | • | • | • | • |
| Elliptical trainer | | | | | | | | | • | • | • | • | • | • |
| Rowing | | | | | | | | | | | • | • | • | • |
| Stair Stepper | | | | | | | | | | | • | • | • | • |
| Treadmill | | | | | | | • | • | • | • | • | • | • | • |
| PHASE 2 SPORT CORD EXERCISES | | | | | | | | | | | | | | |
| Double knee bends (knee not over foot) | | | | | | | | | | | • | • | • | • |
| Carpet drags | | | | | | | | | | | • | • | • | • |
| Forward/backward jogging | | | | | | | | | | | • | • | • | • |
| Side-to-side agilities | | | | | | | | | | | | • | • | • |
| PHASE 3 WEIGHTS | | | | | | | | | | | | | | |
| Leg press down to 90 degrees | | | | | | • | • | • | • | • | | • | • | • |
| Leg curls (light resistance) | | | | | | • | • | • | • | • | | • | • | • |
| Squats (no deep squats/hyperflexion) | | | | | | • | • | • | • | • | | • | • | • |
| Hip abduction & adduction | | | | | | • | • | • | • | • | | • | • | • |
| Knee extension (pain free arc) | | | | | | • | • | • | • | • | | • | • | • |
| Lunges (NO DEEP LUNGES; ok to 90) | | | | | | | | | | • | • | • | • | • |
| PHASE 4 HIGH LEVEL EXERCISES | | | | | | | | | | | | | | |
| Biking outdoors (no standing) | | | | | | | | | | | • | • | • | • |
| Rollerblading | | | | | | | | | | | • | • | • | • |
| Running | | | | | | | | | | | • | • | • | • |
| Skiing, basketball, tennis, rugby, soccer | | | | | | | | | | | | • | • | • |
| Golf | | | | | | | | | | | | | • | • |
| Agility exercises | | | | | | | | | | | | | • | • |
| Mountain biking | | | | | | | | | | | • | • | • | • |

Additional Instructions:

Weeks 0-6: touch WB with brace locked in extension, also at night; unlock brace 0-90 when not walking

Weeks 6-8: WBAT with brace unlocked at 0-100 degrees

Weeks 8+: WBAT out of brace

Dr. Matthew J. Boyle, BSc, MBChB, FRACS

Date: