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# Meniscus Repair Rehab Protocol Physical Therapy The

**rehabilitation guidelines for meniscal repair - uw health** - rehabilitation guidelines for meniscal repair there are two types of cartilage in the knee, articular cartilage and meniscus cartilage. articular cartilage is made up of collagen, proteoglycans and water and lines the end of the bones that meet to form a joint. the primary function of the articular cartilage is to provide a smooth gliding surface for joint motion. rubbing articular cartilage ... **knee arthroscopy with meniscus repair rehab protocol** ... - 4010 west 65th street, edina, mn 55435 phone: 952-456-7000 fax: 952-944-0460 tcomn knee arthroscopy with meniscus repair rehab protocol **meniscus repair rehabilitation - dr. walt lowe** - meniscus repair rehabilitation dr. walter r. lowe this rehabilitation protocol was developed for patients who have isolated meniscal repairs. meniscal repairs located in the vascular zones of the periphery or outer **acl rehabilitation protocol, operative with meniscus repair** - acl rehabilitation protocol, operative with meniscus repair or microfracture . timetables are estimates . dr. levene (2/2015) i. preoperative . a. rest, ice ... **rehabilitation protocol: arthroscopic meniscus repair** - rehabilitation protocol: arthroscopic meniscus repair name: \_\_\_\_\_ date: \_\_\_\_\_ diagnosis: \_\_\_\_\_ date of surgery: \_\_\_\_\_ phase i (weeks 0-6) weightbearing: as tolerated with crutches hinged knee brace: worn for 4 weeks post-op o locked in full extension for ambulation and ... **case study meniscus repair - alterg** - case study meniscus repair michael m. reinold, pt, dpt, scs, atc, cscs kevin e. wilk, pt, dpt general principles this protocol for rehabilitation after knee meniscus repair surgery is designed to provide the rehabilitation professional with a general guideline for patient care with the alterg anti-gravity treadmill anti-gravity treadmill. as such, it should be stressed that this is only a ... **meniscus repair rehabilitation - eandbortho** - begin walking program. no twisting or pivoting on the knee. start light aquatics program post -op weeks 10 - 12 advance aquatics program, as tolerated **meniscus repair protocol - cincinnati sports med** - range of motion, flexibility, and modality usage following meniscus repair time postoperative, frequency extension-flexion limits patellar mobilization **rehabilitation protocol: meniscal repair - lahey clinic** - tear occurs in the meniscus. common tears include longitudinal, parrot-beak, flap, bucket handle, and mixed/complex. the decision by the surgeon to repair or remove is based primarily on the location of the meniscal tear. the outer one-third of the meniscus has a rich blood supply. a tear in this "red" zone may heal on its own, or can often be repaired with surgery. a longitudinal tear is ...

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