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**MIDWEST
ORTHOPAEDICS
AT RUSH**

Physical Therapy Protocol: Anterolateral (Outside-In) Meniscus Repair

- Physician Goals: increase ROM, strength, return to full activities, no brace
- Exercises: closed chain quad strengthening, focus on regaining quad girth and circumference with plan on return to full unrestricted activity and at least 90% quad circumference compared to the contralateral side by 6 weeks from surgery
- Comments: No brace, crutches as needed

Sports Performance Center Resources

- Plyometric Prep Screen when returning to running/ jumping (3 months post-op)
 - Schedule via QR code or email spc@rushortho.com
- Lower Body Assessment when initiating preparing to return to sport
 - Schedule via QR code or email spc@rushortho.com

