

REHABILITATION PROTOCOL

Meniscus Root/Radial Repair

Precautions:

- o Non-weightbearing (NWB) for **2 weeks** with knee brace locked to 0° extension during ambulation
- o Foot flat weightbearing (10%) for **6 weeks** with knee brace locked to 0° extension during ambulation
- o Brace on for **8 weeks**:
 - Locked all ambulation **6-8 weeks per MD recommendations**
 - Locked for sleeping
 - After 72 hours post op patient can unlock to 90° for sitting and ROM **only**
- o ROM: 0 to 90 degrees only for **8 weeks**

Goals:

- o **Start PT 3 days post op**
- o Control inflammation/effusion, allow early healing, PROM 0 to 90, and independent Quad control

Phase I: (1-5 days post-op)

- o Modalities: prn for pain and inflammation (ice, IFC, game ready)
- o Gait and Brace: NWB **2 weeks** with brace locked to 0°
- o ROM: 0-45 gentle PROM (Do NOT force ROM)
- o Strengthening:
 - o Quad sets
 - o Hamstring, gastroc, and soleus stretches NWB
 - o Hip abduction/adduction isometrics
 - o Avoid active knee flexion
 - o Passive Heel slides **only**

Phase II: (5 days - 6 weeks post op)

- o Wound care: monitor wound site and begin scar management techniques when incision is closed
- o Modalities: Continue prn
- o Gait: at **2 weeks** post op patient can start Foot flat weightbearing (10%) for **6 weeks** with knee brace locked to 0° extension during ambulation
- o ROM: 0 to 90 with gentle PROM
- o Strengthening
 - o SLR x 4 directions with brace on to start, brace can be off once good quad contraction achieved
 - o E-Stim: NMES quads
 - o SAQ
 - o LAQ
 - o Ankle ROM and resistance bands for EV/IV/PF/DF in supine
 - o Active heel slides (**2-3 weeks**)

REHABILITATION PROTOCOL

Phase III (6 – 12 weeks post op)

- o Gait and Brace:
 - o At **8 weeks** post op progress to WBAT
 - unlock to 90 degrees with good quad control
 - o At **10 weeks** post op progress to FWB
 - without brace if normal gait pattern can be achieved
- o ROM: Progress ROM 0 to 120 by **12 weeks**, Do NOT force ROM
- o Strengthening:
 - o Cardiovascular: UBE for upper extremity, seated recumbent stepper at **8 weeks**
 - o Closed-chain exercises: at **8 weeks** can start WB exercises and limit knee flexion to 0 to 60 degrees:
 - Total gym
 - Partial wall sits
 - Partial step ups
 - Partial lunges
 - 4 way hip
 - Tilt board for balance
 - Terminal knee extension in standing with resistance band
 - o Core strength

Phase IV (12+ weeks post op)

- o Gait and Brace:
 - o Should be out of brace and have been working on normal gait cycle with good heel to toe gait. No extension lag should be observed at this time
- o ROM: 0 to 120
- o Strengthening:
 - o Closed chain: 0 to 90 degrees flexion: safe to progress per quad control
 - o Progress Core, hip, and overall endurance training
 - o Sport specific Training/agility:
 - Not till 5 months post op
 - Begin with low velocity, single plane activities and progress as tolerated.
 - Strength, balance, and control drills related to specific sport movements
 - o Treadmill Running: need clearance from MD