

## Sports Medicine

# Meniscal Root Repair Post Op Protocol

Timing of each phase varies based on: size of the tear, quality of tissue, length of time immobilized, strength/range of motion status, and expected performance/activity demands.

### Brace/Crutches:

- Strict toe touch weight bearing 0-6 wks
- Crutch Training 0-3 wks
- Begin partial weight bearing 4-5 wks
- Full weight bearing 6 wks

### Range of motion

#### Limitations:

- 0-3 wks: 0-90<sup>0</sup>
- 3-6 wks: 0-120<sup>0</sup>
- 6+ wks: Full range of motion

#### Modalities:

- At Therapists Discretion
- ICE use 3-4 x/day for first 10-14 days.

### Aquatic Therapy:

- 2 wks if wounds healed
- Flutter Kick Only

### Note:

This protocol may be used with additional ligament procedures.



## Phase 1 - Protection/Range of Motion (Post-Op Weeks: 0-3)

**Goal:** Protect Graft, Control Inflammation

### A. Protection/Immediately Post-Op

Range of motion 0-90<sup>0</sup>

Strict non weight bearing, toe touch weight bear on crutches ( No Bike, No Total Gym)

Strengthening w/ Quad Sets & Straight Leg Raises

## Phase 2 - Range of Motion (Post-Op Weeks: 3-6)

**Goal:** Protect Graft, maintain full extension & progress flexion range of motion, control swelling.

### A. Progress range of motion

Continue Quad Sets & straight leg raises

Range of motion 0-120<sup>0</sup>

Begin partial weight bearing at 4-5 weeks & progress to full weight bearing at 6 weeks

Light Exercise Bike at 4 weeks

Hamstring Strengthening at 6 weeks

## Phase 3 – Range of Motion/Strengthening (Post-Op Weeks: 6+)

**Goal:** Protect Repair, Keep Full range of motion, Improve strength, endurance, and proprioception

### A. Range of Motion

Full range of motion

Gait Training

### B. Strengthening

Begin Closed Chain Double Leg Strengthening

Balance & Proprioception as tolerated (double & single leg)

Gradually Increase Resistance on the Exercise Bike

Begin Biking Outside on flat patient tolerated

## Phase 4 - Functional Progression (Post-Op Weeks: 12+)

**Goal:** Strengthen, Neuromuscular control in functional activities, patient education to return to play

Progress flexibility and strengthening program

Begin Functional exercises (Progress as tolerated)

Progress to sport specific as tolerated