

MENISCUS ROOT REPAIR REHABILITATION PROTOCOL

(TO BE GIVEN TO PHYSICAL THERAPIST)

	WEIGHT BEARING	BRACE	ROM	THERAPEUTIC EXERCISE
WEEK 1:	<ul style="list-style-type: none"> • Touchdown weight bearing when ambulating • No weight bearing at all in flexion angles >90° • No squatting or cross legged sitting for 6 months 	<ul style="list-style-type: none"> • Locked at 0° extension • OK to remove for hygiene and exercises • Wear at night 	<ul style="list-style-type: none"> • 0 – 90° 	<ul style="list-style-type: none"> • Flexion: wall slides, heel slides to patient tolerance • Extension: Passive knee extension using towel roll, prone hangs • Strengthening: Quad setting with knee support, hamstring digs with knee support, plantarflexion/dorsiflexion, eversion/inversion strengthening
WEEK 2:	<ul style="list-style-type: none"> • Touchdown weight bearing when ambulating • No weight bearing at all in flexion angles >90° 	<ul style="list-style-type: none"> • Locked at 0° extension • OK to remove for hygiene, exercises AND SLEEP 	<ul style="list-style-type: none"> • 0 – 90° when weight bearing • PROM as tolerated when not bearing weight 	<ul style="list-style-type: none"> • Flexion: wall slides, heel slides, sitting flexion • Extension: Passive knee extension using towel roll, prone hangs • Open kinetic chain: straight leg raise, Hip abd/adduction, hip extension, hamstring set or prone hamstring curl • Closed Kinetic Chain: Heel raises, leg press with minimal resistance • Trunk stabilization • Manual Interventions: patellar mobs, tibiofemoral mobs into extension, soft tissue as indicated
WEEKS 3-4:	<ul style="list-style-type: none"> • Touchdown weight bearing when ambulating • No weight bearing at all in flexion angles >90° 	<ul style="list-style-type: none"> • Brace unlocked, with ROM set to 0-90° for ambulation • OK to remove for hygiene, exercises AND SLEEP 	<ul style="list-style-type: none"> • Increase flexion PROM approx. by 10° per week • Achieve and maintain full passive and active extension 	<ul style="list-style-type: none"> • Open Kinetic Chain: Straight leg raises into flexion with emphasis on endurance of quadriceps and full knee extension • Open Kinetic Chain: Hip strengthening and leg extensions 90-40 degrees without weight • Closed Kinetic Chain: step ups, heel raises progressing to single leg • Single leg standing • Hamstring PREs • Manual interventions, modalities and trunk stabilization exercises

WEEKS 4-6:	<ul style="list-style-type: none"> • Touchdown weight bearing when ambulating • No weight bearing at all in flexion angles >90° 	<ul style="list-style-type: none"> • Gradually discontinue brace use 	<ul style="list-style-type: none"> • Full active and passive extension • Flexion within approx. 10° of uninvolved leg 	<ul style="list-style-type: none"> • Open Kinetic Chain: Straight leg raises into flexion with emphasis on endurance of quadriceps and full knee extension • Open Kinetic Chain: Hip strengthening and leg extensions 90-40 degrees without weight • Closed Kinetic Chain: step ups, heel raises progressing to single leg • Single leg standing • Hamstring PREs • Manual interventions, modalities and trunk stabilization exercises
WEEKS 6-8:	<ul style="list-style-type: none"> • Advance to weight bearing as tolerate • Gradually discontinue crutch use • No weight bearing at all in flexion angles >90° 	<ul style="list-style-type: none"> • None 	<ul style="list-style-type: none"> • Full active and passive extension and flexion ROM 	<ul style="list-style-type: none"> • Begin Stationary Bike • Progress intensity of strengthening program, stair climber, walking incorporating single leg activities • Lunges 0-90° • Leg press 0-90° • Functional Goals: reciprocal stair ascending, walking with normal gait pattern • Progress intensity of strengthening program incorporating single leg activities
WEEKS 8-12:	<ul style="list-style-type: none"> • Full weight bearing 	<ul style="list-style-type: none"> • None 	<ul style="list-style-type: none"> • Full and pain free range of motion 	<ul style="list-style-type: none"> • Jumping activities on gravity eliminated shuttle (progress to single leg) • Jogging on trampoline • Dynamic single/double leg functional exercises as anticipated for sport activity
WEEKS 12+:	<ul style="list-style-type: none"> • Full weight bearing 	<ul style="list-style-type: none"> • None 	<ul style="list-style-type: none"> • Full and pain free range of motion 	<ul style="list-style-type: none"> • Progress to running when: 90% of quadriceps strength as measured, single leg squat depth, hop Testing, single leg balance duration • Return to running: treadmill walk/run intervals, treadmill running, track running (run straight, walk turns), track running full, road running • Agility and plyometric exercises • Lateral and cutting maneuvers