

MENISCUS ROOT REPAIR PROTOCOL

Name: _____

Diagnosis: _____

Date of Surgery: _____

Frequency: 1 2 3 4 times / week Duration: 1 2 3 4 5 6 Weeks

____Weeks 0-4:

- NWB/TTWB with brace in full extension when ambulating and sleeping
 - Remove for hygiene and PT
- PROM→AAROM→AROM progress as tolerated without restriction (non weight bearing)
- Heel slides, quad sets, patellar mobs, ankle pumps
- Straight leg raises (without brace when able to SLR without extension lag)

____Weeks 4-6:

- Progress to partial (20 pound) weight bearing with crutches
- Unrestricted ROM, however no partial weight bearing past 90 degrees flexion

____Weeks 6-12

- D/c brace when quad strength adequate for ambulation and no extension lag
- Progress to full weight bearing in 0-90 in flexion; no weight bearing past 90 flexion
- Closed chain knee extension, stationary bike, weight bearing gastroc/soleus stretch
- Lunges, mini-squats, weight shifts, initiate step up program (all 0-90 degrees)
- Proprioceptive training, stationary bike use

____Weeks 12-16:

- Unrestricted ROM even with weight bearing
- Advance closed chain strengthening and bike exercises
- Progressive squat program; initiate step down program
- Leg press (start initially with body weight only)

____Weeks 16+:

- Begin plyometrics and sport-specific drills, jogging, running
- Gradual return to athletic activity as tolerated
- Maintenance program

Signature _____

Date: _____