

## Dr. Allen Meniscal Root Repair Rehabilitation Protocol

### Phase I: Protection (Weeks 0-6)

#### Weeks 0-2

- Leave dressings in place until first PT visit (around POD #1-3)
  - Ok to shower day after first dressing change
  - Don't soak wound, pat dry and cover with fresh bandage
- Cryotherapy, effusion control, pain management
- Scheduled NSAIDs & Tylenol
- Opioids for break through pain (goal to wean by end of week 2)
- Non-weight bearing x 4 weeks
- Hinged knee brace locked in full extension until first PT visit
  - Brace will be unlocked from 0-90° at first PT visit to start motion
  - Motion limited to 0-90° for first 6 weeks
  - Brace must be locked in full extension when ambulating
- Patellar mobilizations
- Range of Motion 0-90°:
  - Start motion at first PT visit (~POD #1-3)
  - Prone hangs, heel props, heel slides, ankle pumps
- Strengthening
  - Quad sets, 4-way SLRs, short arc quads, multi-hip machine

#### Weeks 2-4

- First post-op visit at 2 weeks, sutures will be removed at this visit
- Continue non-weight bearing, brace locked in extension when ambulating.



- Cryotherapy, effusion control, pain management
- Scheduled NSAIDs & Tylenol
- Patellar mobilizations
- Range of Motion 0-90°:
  - Prone hangs, heel props, heel slides, supine wall heel slides to 90°
- Strengthening
  - Quad sets, 4-way SLRs, short arc quads, multi-hip machine

## Weeks 4-6

- Advance to TTWB in the brace locked in full extension with crutches
- Cryotherapy, effusion control, pain management
- Range of Motion 0-90°:
  - Stationary bike with no resistance
- Gait training
- Strengthening
  - Quad sets, 4-way SLRs, short arc quads, multi-hip machine

## **Phase II: Weight Bearing (Weeks 6-12)**

- Second post-op visit at 6 weeks
  - Wean from crutches
  - Discontinue brace when quad control and normal gait achieved
- Continue cryotherapy, effusion control, pain modalities as needed
- Restore full motion
- Elliptical, stationary bike, flutter kick swimming, pool jogging
- Walking, side-step, step overs, step-ups, forward and backwards



- Closed chain strengthening
  - Lunges: 0-60°
  - Leg press & squats @ 8 weeks: 0-90°
  - Hamstring curls @ 8 weeks: 0-90°
  - No Deep squats >90° for 4 months*
- Balance: Double and single leg dynamic exercises

### **Phase III: Jogging (Weeks 12-20)**

#### Weeks 12-16

- Third post-op visit at 12 weeks
- Begin return to running program
  - Straight line, full speed, curves, cutting, pivoting, ladder drills
  - Full speed sprinting @ >4 months*
- Initiate and advance agility drills
  - Skipping, side shuffle, carioca, crossovers, backwards jog
  - Full speed cutting and pivoting @ >4 months*
- Advance closed chain exercises
  - Can advance to full motion with squats and lunges @ 4 months
- Advance balance exercises
- Progress cardio (biking, swimming, elliptical)
- Double and single leg landing/jumping mechanics
- Sport specific drills
- Return to sport activity or heavy labor work around 4-6 months