

Meniscus Repair (Radial/Root Tear)

General Principles:

This protocol was designed to provide the rehabilitation professional with a guideline of postoperative care. It should be stressed that this is only a protocol and should not be a substitute for clinical decision making regarding a patient's progression. Actual progression should be individualized based upon your patient's physical examination, progress, and presence of any complications.

PHASE I: (Immediate)

Week 1-3

Orthotics-

1. Elastic bandage at all times for Day 1 and 2, then only as needed for swelling
2. Knee brace should be worn, locked in full extension, at all times except for exercises

Weight Bearing-

1. Toe touch weight bearing with 2 crutches or walker

Modalities (PRN)-

1. Ice, compression, and elevation as needed
2. Electrical stimulation for pain or muscle re-education
3. Ice for 20 minutes following exercises throughout the protocol

ROM-

1. Active and passive ROM from 0 to 90 degrees

Exercises-

1. Quad sets / Hamstring Sets
2. Ankle Pumps
3. Calf, Hamstring, Prone Hangs, and Knee extension stretching
4. May start Heel Slides / Wall Slides for full ROM as tolerated
 - a. Assist with un-involved leg if needed to improve ROM
5. Straight Leg Raises
 - a. All planes
 - b. Add resistance as tolerated
6. Open Chain Hip strengthening / Multi-Hip machine

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PHASE II (Intermediate)

Week 4 – 5

Orthotics-

1. Knee brace should be worn at all times
2. Knee brace locked in extension.

Weight Bearing-

1. Toe touch weight bearing with two crutches or walker.

Modalities (PRN)-

1. Continue Phase I modalities as needed

ROM-

1. Active and Passive ROM from 0-120 degrees.

Exercises-

1. Continue Phase I exercises
2. Open Chain strengthening for Quads and Hamstrings
 - a. Start with no resistance, from 0 to 90 degrees only
 - b. May progress resistance as tolerated
3. Aquatic exercises within weight bearing restrictions

PHASE III (Strengthening)

Week 6 – 7

Orthotics-

1. Brace opened to 0-90 for ambulation.

Weight Bearing-

1. Increase to FWB over two weeks

ROM-

1. Full Active and Passive ROM as tolerated

Exercises-

1. Continue Phase II exercises
2. Stationary Bike, NU-Step
 - a. No resistance at first, progress resistance as tolerated
3. Shuttle / Leg Press
 - a. Bilateral only
 - b. Resistance must stay within weight bearing restriction
4. Initiate closed chain strengthening activities as weight bearing allows
 - a. Step Ups, Lunges, Mini-Squats
5. Progress resistance on Hamstring and Quad Isotonics as tolerated
 - a. May progress to resistance weight machines
6. Standing balance / proprioception activities

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PHASE IV (Advanced Strengthening)

Week 8 - 11

Exercises-

1. Continue Phase III exercises
2. Elliptical Runner
3. Isokinetics 180-300 degrees / second
4. Progress to aggressive open and closed chain strengthening

Week 12 - 14

Exercises-

1. Straight ahead jogging
2. Initiation of light sports activity
 - a. Plyometrics
 - b. Shuttle Bounding
 - c. DIME warmup

Weeks 15+

1. Sport specific / rotational movements and agility
 - a. Multi-directional agility drills
 - b. Lateral movements
 - c. See Interval Golf and Interval Running programs
2. Criteria to be released for return to sport
 - a. Isokinetic test at 180, 240, and 300 degrees per second for physician review
(Goal: 90% strength or better)
 - b. Lower extremity functional tests at 90% or better
(See Lower extremity functional test protocol and form)

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