

Meniscus Root Repair

Postop	Goals	Precautions	Exercises
Weeks 0-4 PT 1-2x/week HEP daily	Full passive knee extension Diminish pain and effusion Restore patellar mobility Initiate early controlled motion	Non-weightbearing Brace locked at 0° except for approved exercises/PT ROM: 0-90°	Isometric quad sets SLR supine with brace locked Patellar mobilizations Ankle/Calf pumps Heel slides Stretches: hamstring and calf Okay for BFR 2x/week
Weeks 4-6 PT 1-2x/week HEP daily	Full passive knee extension Diminish pain and effusion Restore patellar mobility Initiate early controlled motion	Non-weightbearing Brace locked at 0° except for approved exercises/PT ROM: Progress to full	All above exercises Multi-angle quad isometrics SLR (all 4 planes) – gravity eliminated Knee extension 90-0 degrees CKC weight shifts
Weeks 6-8 PT 2-3x/week HEP daily	Full passive extension Improve quadriceps strength and activation Edema and pain control Restore patellar mobility Improve knee flexion	WBAT (progress with PT) Transition to unloader brace when adequate quad strength Avoid deep squat Avoid twisting/rotation No running/jumping/impact	CKC exercises: - ½ squat 0-45 degrees - Leg press 0-60 degrees - Wall squat 0-60 degrees Initiate proprioception training - Tilt board squats - Biodex stability Initiate hip abd/adduction and hip flexion/extension on multi-hip machine
Weeks 9-12 PT 2-3x/week HEP daily	Control forces during ambulation and ADL's Normalize knee flexion ROM Improve lower extremity muscular strength Restore limb confidence and function	Continue wearing unloader brace Avoid deep squat Avoid twisting/rotation No running/jumping/impact Avoid hamstring strengthening/curls until week 10	Progress strengthening exercises - Leg press 70-0 degrees - Knee extension 90-40 degrees - Hip Abd/Adduction - Wall squats 0-70 degrees - Vertical squats 0-60 degrees - Lateral step-ups - Front step downs Balance/proprioception training - Biodex stability - Squats rocker board - Cup walking May initiate stationary bike May initiate pool program

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Weeks 12-16 PT 2-3x/week HEP daily	Return to normal ADLs Improve endurance Descend 8" step with control 85% limb symmetry Improve strength/flexibility	No running No sports	Continue and advance above Single leg strengthening Progress squat program Leg press (emphasize eccentrics) Initiate lateral step-ups Initiate front step-downs Initiate backward lunges May begin: Retrograde treadmill Elliptical Aquajogging
Weeks 16-24 PT 1x/week HEP daily	Enhancement of strength, endurance Initiate functional activities Improve tensile strength properties of tendon	WBAT / Full ROM	Continue strengthening exercises Continue emphasis on eccentrics and functional exercises *May initiate jogging and running progression program (month 4) *May initiate plyometrics (month 4) *May initiate agility drills (lateral shuffle) month 5
Clearance	No apprehension with sport specific movements Maximize strength and flexibility to meet sporting demands	WBAT Avoid painful activities No running until: Strength >70% contralateral No agility training until: Strength >90% contralateral No return to sport until: Passes RTP evaluation MD clearance	Maintenance quadriceps and lower extremity strength home program