

**Dr. Charles Eggert**

## **Meniscus Root Repair Post-Operative Protocol**

### **Phase I – Maximum Protection (Weeks 0 to 6):**

#### **Weeks 0-1:**

- Brace (knee immobilizer placed during surgery) to be worn at all times while ambulating until first post-op appointment 1-3 days post-op
- Patient will be switched into a **hinged knee brace** at the first post-op appointment
  - Brace to be worn, locked in extension, while ambulating for **6 weeks**
  - Patient will remain toe touch weight bearing for 6 weeks
    - **Toe touch weight bearing:** no weight transmitted through the operative leg, however can rest the toes down for balance
    - Using crutches for 6 weeks while toe touch weight bearing
- Range of motion:
  - 0° of knee extension
  - **Limit to 90° of knee flexion until 4 weeks post-op**
    - During first 4 weeks okay to unlock knee brace while sitting or at physical therapy, but should not flex knee >90° until 4 weeks post-op
- Goals:
  - Reduce inflammation
  - Normalize patella mobility with manual mobilizations
  - Gain full extension
  - 90° of knee flexion limitation x4 weeks
- Exercise Progression:
  - Emphasize patellar mobilizations
  - Passive/active knee range of motion with 90° flexion limit
  - Quadriceps setting emphasize VMO function
  - Multi-plane straight leg raising
  - Open and closed chain (when WB with brace on) multiplane hip strengthening
  - Gait training
  - Deep water pool program

## **Phase II – Progressive Stretching and Early Strengthening (Weeks 6 to 8):**

- **Exercise Progression:**
  - Open brace 0° to 90° for 2 weeks while ambulating
  - Full knee extension/hyperextension
  - Gradual progression to full knee flexion
  - Continue to emphasize patella mobility
  - Begin bilateral closed kinetic chain strengthening limited range initially
  - Step-up progression
  - Begin stationary bike with light resistance initially
  - Gait training- normalize gait pattern

## **Phase III – Advanced Strengthening and Proprioceptive Phase (Weeks 8 to 12):**

- **Exercise Progression:**
  - Full knee range of motion
  - Begin full gym strengthening program
  - Advance stationary biking program (increase intensity), introduce treadmill walking and elliptical trainer
  - Begin shallow water pool program
  - Advance unilateral closed kinetic chain program
  - Gym strengthening progression (leg press, hamstrings curls etc.)

## **Phase IV – Advance Strengthening and Plyometric Drills (Weeks 12 to 16):**

- **Exercise Progression:**
  - Linear running progression
  - Progress to lateral and rotational stresses at 14 weeks
  - Begin multi-directional drills on the field at 14-16 weeks
  - Plyometric drills from bilateral to unilateral
  - Follow-up examination with the physician
  - Sports test for return to play

\*Please feel free to contact Dr. Charles Eggert's office with any questions or concerns at 952-442-2163.