



TJ Ridley, MD

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Knee Arthroscopic Meniscal Repair Protocol (early weight bearing)

Phase / Goals	Immobilization	ROM	Therapeutic Exercises
Phase 1 (0-2 weeks) Goals: <ul style="list-style-type: none"> No quad lag Adequate hamstring control 	<ul style="list-style-type: none"> Weight bearing as tolerated with brace locked in extension x3 weeks 	<ul style="list-style-type: none"> 0-90 deg A/PROM x 4 weeks Patellar mobilization Modalities PRN <ul style="list-style-type: none"> Begin Kneehab 	<ul style="list-style-type: none"> Wall slides, heel slides to 45 deg flex Quad activation, SLR, quad series Extension mobilization Sit & reach for hamstring stretch w/ towel Ankle pumps
Phase 2 (3-6 weeks) Goals: <ul style="list-style-type: none"> Moderate proprioception Full ROM 	<ul style="list-style-type: none"> WBAT locked in extension x3 wks Advance to FWB with unlocked knee brace 	<ul style="list-style-type: none"> 0-90 deg A/PROM x 4 weeks Begin Full A/PROM as tolerated at 5 weeks Patellar Mobilization Modalities PRN 	<ul style="list-style-type: none"> Wall slides, heel slides Quad activation, SLR, quad series Extension mobilization Sit & reach for hamstring stretch w/ towel Stationary bike no resistance at 5 weeks BFR – may initiate post op day 15
Phase 3 (7-10 weeks) Goals: <ul style="list-style-type: none"> No pain or swelling following exercises 	<ul style="list-style-type: none"> D/C hinged brace FWB 	<ul style="list-style-type: none"> Full A/PROM No deep squats or sitting cross-legged x 4 months 	<ul style="list-style-type: none"> Can begin hamstring sets Toe & heel raises Begin mini squats and progress as tolerated Begin Elliptical with minimal resistance Advance stationary bike with minimal resistance Aquajogging Reverse lunges
Phase 4 (11-16 weeks) Goals: <ul style="list-style-type: none"> Return to golf, hiking, outdoor biking at 16 weeks Skiing, pivoting sports at 20 weeks 	<ul style="list-style-type: none"> FWB 	<ul style="list-style-type: none"> Maintain full A/PROM No deep squats or sitting cross-legged x 4 months 	<ul style="list-style-type: none"> Begin walk to run program Can begin rowing Leg press, single leg dead lift, balance squats Begin light plyometric training Sport specific drills at 12 weeks Clearance from Dr. Ridley prior to return to sport

RETURN-TO-SPORT CRITERIA:

Full return to all sports and games

- Atleast 5 months from surgery
- No functional complaints, full range of motion & no effusion
- Confidence when running, cutting, jumping at full speed
- >90% isometric quadriceps strength
- >90% contralateral values on hop tests
- >90% Quad Index LSI with Biodex or HHD
- >90% Quad peak torque/body weight on Biodex (if applicable)