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Knee Arthroscopic Meniscal Root and Radial Tear Repair Protocol

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"> Hinged brace 0-90 Toe touch weight bearing x 6 weeks 	<ul style="list-style-type: none"> 0-90 deg A/PROM 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 Minimize swelling 	<ul style="list-style-type: none"> Hinged brace 0-90 TTWB x 6 weeks 	<ul style="list-style-type: none"> 0-90 deg A/PROM 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 Ankle pumps BFR – may initiate post op day 15
Phase 3 (7-10 weeks) Goals: <ul style="list-style-type: none"> Full ROM, advance to FWB with normalized gait 	<ul style="list-style-type: none"> D/C hinged brace Advance 25% weekly weight bearing and progress to full WB with normalized gait 	<ul style="list-style-type: none"> Advance to full A/PROM as tolerated 	<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
Phase 4 (11-16 weeks) Goals: <ul style="list-style-type: none"> Return to golf, hiking, outdoor biking at 20 weeks Skiing, pivoting sports at 24 weeks 	<ul style="list-style-type: none"> No brace 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 16 weeks Clearance from Dr. Ridley prior to return to sport

RETURN-TO-SPORT CRITERIA:

Full return to all sports and games

- At least 6 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)