

## Meniscus Root/Radial Repair

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The surgeon must specify on the referral any specific requests or deviations that fall outside the scope of this protocol, including if *deceleration* of these time frames is desired.

Phase I (Weeks 0 – 6)	Phase II (Weeks 6 – 8)	Phase III (Weeks 8 – 12)	Phase IV (Weeks 12 – 16)
<p><b>PRECAUTIONS</b></p> <ul style="list-style-type: none"> <li>• NO WEIGHT BEARING</li> <li>• No pool activity</li> <li>• No knee flex &gt; 90° passively</li> </ul> <p>*Defer to surgeon preference on ROM restriction and weight bearing status</p> <p><b>CLINICAL CARE</b></p> <ul style="list-style-type: none"> <li>• Swelling/Wound management</li> <li>• Patellar mobs</li> <li>• NMES</li> <li>• ROM as tolerated (&lt;90°)</li> <li>• Gait Training</li> </ul> <p><b>EXERCISES</b></p> <ul style="list-style-type: none"> <li>• AAROM knee flexion with over-pressure</li> <li>• Passive extension stretching</li> <li>• Patellar mobs</li> <li>• Ankle pumps</li> <li>• Quad sets</li> <li>• Multiplanar SLR</li> <li>• TKE with band</li> <li>• NMES is strongly recommended to improve quad strength</li> </ul> <p><b>CRITERIA</b> to advance....</p> <ul style="list-style-type: none"> <li>• Wean from brace after 8 weeks or per surgeon instruction:</li> <li>• SLR x 10 without lag</li> <li>• Single leg stance w/ UE support</li> <li>• ROM <ul style="list-style-type: none"> <li>○ Extension: 0°</li> <li>○ Flexion: 90°</li> </ul> </li> </ul>	<p><b>PRECAUTIONS</b></p> <ul style="list-style-type: none"> <li>• No PROM restrictions</li> <li>• No knee flexion &gt; 70° in weight bearing</li> </ul> <p>*Defer to surgeon preference on ROM restriction and weight bearing status</p> <p><b>CLINICAL CARE</b></p> <ul style="list-style-type: none"> <li>• Switch from TROM to unloader brace after 8 weeks (if prescribed)</li> <li>• Swelling management</li> <li>• Patellar mobs</li> <li>• NMES</li> <li>• Manual knee flexion/extension stretching</li> <li>• Light scar mobilization when wound closed</li> <li>• Blood Flow Restriction Training</li> <li>• Pool therapy when OK'ed by MD</li> </ul> <p><b>EXERCISES</b></p> <ul style="list-style-type: none"> <li>• Knee extension (90-45° only)</li> <li>• CKC hip strengthening</li> <li>• Progress proprioceptive activities</li> <li>• Calf raises</li> <li>• Wall slides and steps ups within ROM 0-60°</li> <li>• 6 weeks: Slowly add hamstring strengthening <ul style="list-style-type: none"> <li>○ Hamstring bridge</li> </ul> </li> <li>• Continue NMES</li> <li>• Pool Therapy when OK'ed by MD</li> </ul> <p><b>CRITERIA</b> to advance....</p> <ul style="list-style-type: none"> <li>• Normal gait mechanics</li> <li>• -Single leg stance control w/o UE support</li> <li>• Effusion managed</li> <li>• ROM <ul style="list-style-type: none"> <li>○ Flexion: &gt; 120°</li> </ul> </li> </ul>	<p><b>PRECAUTIONS</b></p> <ul style="list-style-type: none"> <li>• Watch for patellofemoral pain</li> <li>• No knee flexion &gt; 90° in weight bearing</li> <li>• No running or cutting activities</li> </ul> <p><b>CLINICAL CARE</b></p> <ul style="list-style-type: none"> <li>• Continue unloader brace until 16 weeks if prescribed</li> <li>• Blood Flow Restriction Training</li> <li>• Manual Therapy PRN</li> <li>• Eccentric Training (CKC)</li> </ul> <p><b>EXERCISES</b></p> <ul style="list-style-type: none"> <li>• Advance CKC strengthening single leg without dynamic valgus</li> <li>• Leg press (double/single)</li> <li>• Step downs</li> <li>• Forward and Lateral Step ups</li> </ul> <p><b>CRITERIA</b> to advance....</p> <ul style="list-style-type: none"> <li>• Negotiate stairs normally</li> <li>• Restore limb confidence</li> <li>• ROM</li> <li>• Full extension</li> <li>• Flexion within 10° of uninvolved side</li> </ul>	<p><b>PRECAUTIONS</b></p> <ul style="list-style-type: none"> <li>• No jumping, cutting, or sprinting until cleared</li> <li>• Full closed chain ROM</li> </ul> <p><b>CLINICAL CARE</b></p> <ul style="list-style-type: none"> <li>• Blood Flow Restriction Training for atrophy if needed</li> </ul> <p><b>EXERCISES</b> <b>12-16 weeks</b></p> <ul style="list-style-type: none"> <li>• Lunges</li> <li>• High level hamstring loading</li> </ul> <p><b>EXERCISES</b> <b>16-22 weeks</b></p> <ul style="list-style-type: none"> <li>• Running: initiate walk-jog program</li> <li>• Jumping: double progress to single leg</li> <li>• High level strengthening: single leg on unstable surfaces without dynamic valgus</li> </ul> <p><b>22+ weeks</b></p> <ul style="list-style-type: none"> <li>• Agility drills/plyometrics without dynamic valgus</li> <li>• Sports specific activities</li> <li>• &gt; 90% of limb symmetry on Functional Testing</li> </ul> <p><b>24+ weeks</b></p> <ul style="list-style-type: none"> <li>• Cutting/sport specific activities if cleared</li> </ul> <p><b>CRITERIA</b> to advance....</p> <ul style="list-style-type: none"> <li>• Return to sport or heavy work cleared by MD</li> <li>• &gt; 90% of limb symmetry on Functional Testing</li> <li>• Within 1 cm quad girth difference side to side</li> </ul>