



**Kyle Flikkema, DO**

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**Knee Arthroscopic Meniscal Repair Protocol (bucket handle, small radial tears)**

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

**RETURN-TO-SPORT CRITERIA:**

*Full return to all sports and games*

- At least 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)