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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: • No quad lag • Adequate hamstring control	• Hinged brace 0-90 • Toe touch weight bearing x 6 weeks	• 0-90 deg A/PROM • Patellar mobilization • Modalities PRN ○ Begin Kneehab	• 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: • Moderate proprioception • Minimize swelling	• Hinged brace 0-90 • TTWB x 6 weeks	• 0-90 deg A/PROM • Patellar Mobilization • Modalities PRN	• 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: • Full ROM, advance to FWB with normalized gait	• D/C hinged brace • Advance 25% weekly weight bearing and progress to full WB with normalized gait	• Advance to full A/PROM as tolerated	• 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: • Return to golf, hiking, outdoor biking at 20 weeks • Skiing, pivoting sports at 24 weeks	• No brace • FWB	• Maintain full A/PROM • No deep squats or sitting cross-legged x 4 months	• 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. Flikkema 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)