**Orthopaedic Sports Specialists, P.C.**

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**Meniscal Root Repair or Radial Tear**

**Post-Operative Rehabilitation Protocol:**

**Immediate Phase -** The goals of phase 1 are to protect the surgical repair, restore symmetrical ROM, and resolve joint effusion. Evidence has shown adherence to strict NWB the first 6 weeks of rehabilitation is necessary to ensure healing at the surgical site. The attachment of the Hamstring and Popliteus to the Meniscal periphery places stress at the repair site and ambulation should be with leg straight to avoid stress at repair site.

**WEEK 1-2**

Ambulate strict NWB brace locked in extension

Crutches x 6 weeks

Limit Range of Motion in weeks 1-2 from 0° to 30°

Range of Motion Active / Active-Assisted / Passive

Quadriceps and Hamstring soft tissue mobilization

Quad exercises – SLR (Okay to add weight up to 5 lbs if no lag), SAQ 0-30, Quad set

Achilles Tendon Stretching/mobilization

Russian Stimulation for Quadriceps

**WEEK 2-6**

ROM increase 0° to 90°. No knee flexion past 90 degrees for 4 weeks

May begin PWB in brace after 6 weeks. Continue to use crutches.

**WEEK 6-8**

Progress to FWB

No loaded Knee ROM passed 90

Goal of Full ROM by 8 weeks post op

Discard Brace @ 6 weeks

Single leg balance exercises on stable surface

Gait training

Begin CKC exercises in partial arc, progressing as tolerated

Squat variations – Back, Front, Overhead, Step-up, Leg press, Total Gym, Hex Bar, Bulgarian SS, Eccentrics, Step-down, Sumo

Hip hinge variations – Deadlift, RDL, Good mornings, GHD, SL deadlift, Hip thrusters, SL dumbbell dead, kettle bell swings, Nordic HS

Stationary bike and retro-walk progression

Okay to begin anti-rotation exercises of trunk. NO PIVOTING ON KNEE

**WEEK 12**

No loaded Knee ROM passed 90

Begin in-line jogging program provided eccentric step down is symmetric

May begin linear progression of CKC LE exercises

Full arc CKC progressive resistance exercises - emphasize squat and hip hinge movements

Continue anti-rotation trunk exercises

Continue balance exercises

**WEEK 16+**

Agility drills. No pivoting/transverse plane motion until 5 months post op

Footwork drills / exercises, Mini Jumps okay if patient shows dynamic control

Progress running program – cutting at 5 to 5.5 months based on dynamic control

Continue to progress / overload squat and hip hinge exercises

Olympic lifts, triple extension exercises okay to begin (Light weight, focus form)

**WEEK 24**

May return to sport. Criteria for discharge:

3 hop test, Figure 8 run, Y balance test (within 90% of uninvolved leg), Deadlift 1.5x BW