

Meniscal Root Repair

Please discuss repair location, type, and tissue integrity with MD after initial evaluation to account for any modifications.

Phase 1 – MOTION AND MOBILITY

Week 0-8

Patellar mobilizations, including quad & patellar tendon

Quad set progressing to SLR (with NMES, biofeedback)

Emphasize full knee extension motion (heel prop, prone hang, TKE's)

Heel slides for flexion per ROM precautions; no active knee flexion for 6 weeks *
NO bike until 90° ROM limit is lifted

ROM: 0-90° x 4 weeks; advance ~10°/week (avoid loaded terminal knee flexion)

Brace: Locked in extension (weeks 0-6); advance ~10°/week per MD orders **Weight-**

bearing: Brace locked in extension for 6 weeks

- ✦ 0-2 week NWB
- ✦ 2-4: 50% PWB in ext advancing
- ✦ 4-6: Full WB in ext
- ✦ 6+: open ambulation if patient demonstrates appropriate quad control

Phase 2 – ENDURANCE

Week 9-14

Closed-chain progression (+/- including squat, lunge, step-up, bridge) shuttle, deadlift DL→SL

Balance progression: Progress from double leg to single leg; from stable to unstable surfaces

Bike for cardiovascular fitness, week 8 elliptical

Normalize gait mechanics

ROM: Full ROM with slow progression to terminal flexion **Brace:**

Optional hinged knee brace per surgeon, unlocked

Note: Non-athletes may be appropriate for discharge to independent home program at this time if able to complete work and life demands. Check for safety with stair negotiation and ambulation on uneven surfaces.

Phase 3 – STRENGTH

Week 15-22

Increase sets/duration of closed-chain strengthening in varied proprioceptive environments Initiate squat jump progression from shuttle to gravity dependent position, DL→SL

* No loaded deep knee flexion for 6 months Sport cord test



Phase 4 – AGILITY, POWER, RETURN TO SPORT

Week 22+

Sport-specific movement patterns practiced in supervised and controlled environment

Graded re-integration into sport activities with MD and PT clearance:

- Controlled, predictable environment → unpredictable drills, environment
- Individual → team drills
- Non-contact → contact

* No loaded deep knee flexion x 6 months

Advanced plyometrics

Dynamic balance

Return to Activities

See functional criteria

Running: 5-6 months

Golf: Short irons at 5 months, full swing with long irons at 6 months. Delay 4-6 weeks if lead leg.

Pivoting/cutting sport: When functional criteria are met and cleared by surgeon, typically 7 months at earliest