



Brian Waterman, MD

SPORTS MEDICINE & ORTHOPEDICS

Post-Operative Rehabilitation Guidelines for Meniscal Root Repair

Name: _____ Date: _____

Diagnosis: _____

Date of Surgery _____

Frequency: 1 2 3 4 times/week

Duration: 1 2 3 4 5 6 Weeks

Weeks 0-4:

- TDWB in brace in extension with crutches
- Brace in extension for sleeping 0-2 wks.
- Active/Passive ROM 0-90 degrees
- Quad sets, SLR, Heel Slides
- Patellar Mobilization

Weeks 4-6:

- Advance to FWBAT
- May unlock brace
- Progress with ROM until full
- No weight bearing with knee flexion past 90 degrees

Weeks 6-8:

- WBAT with brace unlocked
- D/C brace when quad strength adequate (typically around 6 weeks)
- D/C crutches when gait normalized
- Wall sits to 90 degrees

Weeks 8-12:

- WBAT without brace
- Full ROM
- Progress with closed chain exercises
- Lunges from 0-90 degrees
- Leg press 0-90 degrees
- Proprioception exercises
- Begin Stationary Bike

Weeks 12-16:

- Progress Strengthening exercises
- Single leg strengthening
- Begin jogging and progress to running
- Sports specific exercise



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Comments:

Functional Capacity Evaluation Work Hardening/Work Conditioning Teach HEP

Modalities:

Electric Stimulation Ultrasound Iontophoresis Phonophoresis
 TENS Heat before/after Ice before/after Trigger points massage
 Therapist's discretion
 Other _____

Signature: _____ **Date:** _____