

Meniscal Repair and Root Repair Rehab

Office visits:

- 2w, 6w, 12w, 6m, more as needed until return to sport

Xrays:

- 2w visit and then only if injury occurs thereafter

Physical therapy:

- Therapy prescription will be provided before your surgery or at the 2-week visit

Home exercise program (HEP):

- These are a guide for you and the physical therapist; physical therapist may add on exercises as necessary for rehabilitation

Weeks 0-2:

Brace/Crutch Use	• Hinged knee brace (HKB) on full time except hygiene and exercises ○ Sleeping/walking: locked in extension at 0 degrees ○ Otherwise, unlocked 0-90 degrees • Touchdown Weight bearing with crutches (<20% weight)
Range of Motion	• Passive and active-assist knee ROM allowed 0-90
Exercises	• Start Phase I Home Exercise Program – knee ○ Quad sets; patellar mobilization, straight leg raise, calf pumps ○ Towel under knee for extension exercises
Misc	• Dressings: may remove dressings on day 2-3 after surgery, ok to start showering (do not soak, scrub, or submerge the incision for 4w). May replace dressings if desired • Take aspirin to prevent blood clot for 6 weeks after surgery (81mg twice daily) • Edema control, ice, elevation, foot pumps, other modalities per PT

Weeks 2-6:

Brace/Crutch Use	• Hinged knee brace (HKB) on full time except hygiene and exercises ○ Sleeping/walking: locked in extension at 0 degrees ○ Otherwise, unlocked 0-90 degrees • Touchdown Weight bearing with crutches (<20% weight)
Range of Motion	• Passive and active-assist knee ROM allowed 0-90
Exercises	• Continue Phase I exercises as needed
Misc	• PT to add on modalities or exercises as recommended

Weeks 6-12:

Brace/Crutch Use	- Discontinue crutches and braces - Weight bearing as tolerated
Range of Motion	- Progress motion to full, active motion in flexion and extension - Avoid pivoting, hopping, jumping, or running
Exercises	- Start closed and open chain exercises as tolerated - Start low resistance biking and progress - PT to add on exercises as indicated including gait training, agility exercises, proprioceptive training

Months 3+

Brace/Crutch Use	None
Range of Motion	Full range of motion achieved
Exercises	- Progress open and closed chain strengthening - Ok for plyometrics, straight jogging/running, sport specific agility - Progress to sprinting by week 16. - Continue working on core strength, quad, hamstring, calf, and glut strengthening - Calf: calf raises (standing and/or seated) - Quadriceps: leg press, lunges, squats, knee extensions - Hamstring: lunges, hamstring curls - Glut strengthening: side lunges, side shuffling/carioca, lateral raises/abduction exercises

Return to Sport

- Goal ~5-6 months
- Criteria:
 - Full ROM
 - No knee effusion
 - Hop test or strength testing at least 85-90% of contralateral side
 - Completed sports specific rehab with PT