



www.orthony.com

121 Everett Road Albany, NY 12205 518-453-9088

Adam G. Suslak, MD

adam.suslak@gmail.com

Post-Operative Rehabilitation Guidelines for Meniscal Root Repair

Weeks 0-6:

- NWB for 6 weeks, Brace locked in extension with crutches- Brace remains locked in extension with crutches for weeks 0-2. Brace locked in extension for sleeping and ambulation weeks 2-6
- PROM 0-90° only for 4 weeks, weeks 4-6 carefully progress beyond 90° –should be gradual
- Heel slides- passive only, hamstring and calf stretch, prone hands to gain full knee extension
- Quad sets, SLR, seated hip flexion

Weeks 6-8:

- Progress ROM gradually as tolerated- No flexion while weight bearing
- Limit closed chain exercises to 90°
- Progress to WBAT- brace locked in extension. Unlock brace when adequate quad control is achieved. D/C brace and crutches when gait normal

- Patella mobilization, scar massage, continue hamstring and calf stretching, bicycle (not until 110° of flexion achieved, continue quad sets and SLR, wall slides and leg press (limit to 90°), mini squats, single leg balance

Weeks 8-16:

- Continue exercises and increase strength- step ups, squats, lunges, single leg squats, Russian dead lifts
- Balance board and Plyoball toss
- Full ROM should be achieved

Weeks 16-36:

- Increase intensity of exercises while decreasing reps to increase strength
- Initiate lateral movements and jogging- Goal of returning to sport specific activity
- Plyometrics- squat jumps, box jumps, cone jumps