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MENISCUS ROOT REPAIR REHABILITATION PROTOCOL

| | WEIGHT BEARING | BRACE | ROM | EXERCISES |
|-----------------------------------|---|---|---|---|
| PHASE I (0-2 weeks) | Heel touch WB with crutches and brace | Locked in full extension, worn at all times (including sleeping).* May remove for hygiene & exercise | 0-90 degrees when NWB | Heel slides, quad sets, patellar mobs, SLR, ankle pumps NO WB with flexion > 90 degrees. |
| PHASE II (2-10 weeks) | 2-8 weeks: heel touch WB with crutches 8-10 weeks: progress to full WB | 2-8 weeks: brace worn during day only, unlocked 0-90 degrees. d/c brace by 10 weeks when comfortable with WB and good mechanics | as tolerated, caution with flexion >90 degrees (protect meniscus) | 2-8 weeks: PROM/AAROM as tolerated; patellar and tibiofibular joint mobs, quad/glute/hamstring sets; sidelying core/hip 8-10 weeks: add calf raises, CKC ex, eccentric quads/hamstrings; advance core/glute work NO WB with flexion > 90 degrees. |
| PHASE III (10-12 weeks) | FWB | NA | Full ROM, caution with flexion > 90 degrees (protect meniscus) | Progress CKC activities. Begin unilateral stance work, balance training, lunges/leg press 0-90 degrees. |
| PHASE IV (12-16 weeks) | FWB | NA | Full ROM | Stationary bike @ 12 weeks, low resistance. Swimming @ 12 weeks |
| PHASE V >16 weeks | FWB | NA | Full ROM | Advance to sport-specific drills/running when cleared by surgeon. Elliptical—may start > /= 16 weeks |

*Brace may be removed for sleeping after first post-op visit (day 7-10)

**Avoid tibial rotation x 8 weeks to protect repair/meniscus