**MENISCUS ROOT REPAIR PROTOCOL**

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Diagnosis: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Date of Surgery: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Frequency: 1 2 3 4 times / week Duration: 1 2 3 4 5 6 Weeks

**\_\_\_\_\_\_Weeks 0-4:**

• NWB/TTWB with brace in full extension when ambulating and sleeping

o Remove for hygiene and PT

• PROM->AAROM->AROM progress as tolerated without restriction (non weight bearing) day with goal of >90 degrees by end of week 2

• Straight leg raises (without brace when able to SLR without extension lag)

**\_\_\_\_\_\_Weeks 4-6:**

• Progress to partial (20 pound) weight bearing with crutches

• Unrestricted ROM, however no partial weight bearing past 90 degrees flexion

**\_\_\_\_\_\_Weeks 6-12:**

• D/c brace when quad strength adequate for ambulation and no extension lag

• Progress to full weight bearing in 0-90 in flexion; no weight bearing past 90 flexion

• Closed chain knee extension, stationary bike, weight bearing gastroc/soleus stretch

• Lunges, mini-squats, weight shifts, initiate step up program (all 0-90 degrees)

• Proprioceptive training, stationary bike use

**\_\_\_\_\_\_Weeks 12-16:**

• Unrestricted ROM even with weight bearing

• Advance closed chain strengthening and bike exercises

• Progressive squat program; initiate step down program

• Leg press (start initially with body weight only)

Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_