

Root or Radial Tear Meniscus Repair
Rehab Protocol

	Weight Bearing	ROM	Brace	Therapeutic Elements
Phase I				
0-2wk	NON-Weightbearing w/ Crutches	*FULL extension! Flexion 0-60, don't force flexion	Locked in full extension for ambulation and sleep	Modalities as needed. Heel slides, quad and hamstring sets, patella mobilization, Prone hangs & extension board. Start BFR. Non-Weight bearing gastroc / soleus stretches. SLR with brace locked in extension until no extension lag, then unlock brace for SLR. ALL NON-WEIGHTBEARING
2-4wk	TTWB w/ Crutches	Progress flexion to 90 as tolerated	Same	
4-6wk	TTWB w/ Crutches	Continue progress NWB flexion and MAINTAIN FULL EXTENSION !	Week 4: Progressively open to 90 for ambulation when ROM90 flexion and easily performs repetitive SLR without lag-locked in extension for sleep	
Phase II 6-12 weeks	Begin weaning crutches: start w/ 50% WB at 6 wk for 1 week. Then WBAT w/ 1 crutch for 1 wk. D/C crutches when >= 0° knee extension & 90° knee flexion, can easily perform repetitive SLR without lag, minimal effusion, and can ambulate without a limp	Full ROM	Discontinue when walking with no limp w/o crutches and appropriate quad control	**NO LOADED FLEXION PAST 90°** Stationary Bike when flexion 115, Wall sits, Lunges, balancing exercises Closed chain strengthening: Leg press, step ups, step downs, RDLs, lunges, Bulgarian squats, wall sits Advance hip abduction & glut strength: band walks, lateral lunge, reverse lunge. Proprioceptive training. Core Strength
Phase III 12-16 weeks	FWB	FULL	None	Continue strengthening, can begin loading beyond 90 degrees of flexion Can begin underwater treadmill if available, focus on form Stationary bicycle and elliptical for fitness. Can begin straight ahead running progression <u>*when meets criteria on page 2*</u>
Phase IV 4-6 Months	FWB	FULL		Increase flexibility, forward backwards running <u>**Can begin Agility when meets criteria on page 2**</u> Sports specific training, cutting, plyometrics, agility, jump and landing advanced strengthening program in brace. Objective (LEAP) testing done around 5 months for baseline and retest periodically to determine readiness. To Pass need >or=95%. Anticipated full return to sport around 6 months. <u>Begin return to sport progression outlined on page 2 after passing LEAP TEST</u>

***CRITERIA TO BEGIN STRAIGHT LINE JOGGING AFTER 12 WEEKS:**

- PAIN LESS THAN 3 / 10 (WORST)
- WITHIN 2° NORMAL KNEE EXTENSION & 120° KNEE FLEXION
- QUADRICEPS & HAMSTRING STRENGTH > 60% NORMAL
- LESS THAN 4cm DEFICIT ON SINGLE-LEG SQUAT (ANTERIOR REACH)
- AT LEAST 1 MINUTE OF SINGLE LEG SQUATS
- DOCTOR APPROVAL

Jogging Progression:

- Running prep exercises: focus on the deceleration phase such as DL speed squats, DL drop squats, DL “bounce bounce bounce squat”, then progress to alternating SL drop squats.
- Initiate jogging and progress to in-line running: Begin on treadmill with 2- 3 days per week. Begin with 1:1 or 2:1 walk to jog ratios, (ie. 1 min walk to 1 min jog or 2 min walk to 1 min jog). Then progress each week by 1 min jog until 12-15 min of jogging is achieved.

***CRITERIA TO BEGIN AGILITY WORK IN PHASE IV:**

- PAIN LESS THAN 2 / 10 (WORST)
- QUAD & HAM STRENGTH > 80% NORMAL; > 50% H/Q RATIO FOR FEMALES
- AT LEAST 3 MINUTES OF SINGLE LEG SQUATS
- JOGGING >15 MINUTES ON TREADMILL
- DOCTOR APPROVAL

Agility: (NO single leg Plyo's until at least POW 20)

- Ladder drills, footwork agility drills, cone drills
- Double leg plyos: jump rope, line jumps, cone jumps, depth jumps, box jumps
- High intensity predictable patterned movements, incorporate sport specific drills

****CRITERIA TO RETURN TO PLAY:**

- PAIN LESS THAN 2 / 10 (WORST)
- QUAD & HAM STRENGTH > 90% NORMAL; > 60% H/Q RATIO FOR FEMALES
- 95% ON LEAP TESTING
- DOCTOR APPROVAL

• After above clearance, the Return to play progression is as follows:

- 1) Return to non-contact practice/individual drills
- 2) Return to contact practice
- 3) Return to scrimmage
- 4) Return to interval play
- 5) Return to full play