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Post-Operative Physical Therapy Protocol for Meniscus Root Repair

Phase I: MAXIMUM PROTECTION PHASE (1 -4 weeks)

Goals:

1. Control inflammation/effusion
2. Allow early healing
3. Full passive knee extension
4. Gradually increase knee flexion 0-90°
5. Independent quadriceps control

Stage I: Immediate post-surgery Day 1 through Day 10:

Ice, compression, elevation

Brace locked at 0° for sleeping only; otherwise unlocked 0-90°

ROM (passive 0-90°)

Patellar mobilizations

Stretch hamstrings and calf

Heel slides to 90°

Strengthening exercises:

Quad sets

SLR flexion

Hip Abd/Adduction

Weight bearing: Non-weightbearing with crutches

Stage II: Week 2 through Week 4:

Continue use of ice and compression

Weight bearing: Non-weightbearing with crutches

ROM Guidelines

Gradually increase PROM

Week 0-4: 0-90°

Week 5: 0-100°

Week 6: 0-110°

Week 7: 0-120°

Week 8: 0-135°

Weightbearing Guidelines

Week 2: Non-weightbearing

Week 3: Non-weightbearing

Week 4: Non-weightbearing

Week 5: Non-weightbearing

Week 6: Begin to progress weightbearing as tolerated

Discontinue crutches and brace at Week 8 if gait normalized and quad strength adequate

Strengthening exercises

Multi-angle quad isometrics

SLR (all 4 planes) with brace on

Knee extension 90-0

*Avoid twisting, deep squatting, cross-legged sitting, and stooping

Phase II: MODERATE PROTECTION PHASE (Weeks 5 -8)

Goals:

1. Full PROM
2. No swelling/inflammation
3. Re-establish muscle control
4. Proper gait pattern; progress weightbearing as listed above
5. Continue use of ice and compression as needed
6. Continue ROM and stretching
7. Progress strengthening exercises
8. Hip Abd/Adduction

* Avoid twisting, pivoting, running, and deep squatting

No weightbearing in > 90° of flexion

Phase III: CONTROLLED ACTIVITY PHASE (Weeks 9-16)

Goals:

1. Improve strength and endurance
2. Maintain full ROM
3. Gradually increase applied stress

Week 9:

Continue all strengthening exercises listed above
Initiate light resisted hamstring curls
Lunges from 0-60°
Leg press from 0-60°
Begin proprioceptive exercises
Begin stationary bike
Toe calf raises
Progress balance training

Week 12:

Continue strengthening and stretching program
Single leg strengthening

Criteria to progress to Phase IV:

1. Full non-painful ROM
2. No pain or tenderness
3. Satisfactory clinical exam
4. Satisfactory isokinetic test

Phase IV: RETURN TO ACTIVITY PHASE (Month 4-6)

Goals:

1. Improve strength and endurance
2. Prepare for unrestricted activities

Exercises:

Continue and progress all strengthening exercises & stretching drills
Initiate jogging at 4 months and progress to straight line running
Deep squatting permitted at 5 months
Initiate pivoting and cutting at 5 months
Initiate agility training at 5 months

Gradually return to sports at 6 months