

# MENISCUS ROOT REPAIR REHAB PROTOCOL

# KNEEbraska

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	<b>GOALS</b>	<b>WEIGHT BEARING</b>	<b>BRACE</b>	<b>ROM</b>	<b>EXERCISES</b>
<b>PHASE I</b> <b>0-2 weeks</b>	↓ Swelling ↑ ROM	Non-Weight Bearing x 8 weeks	Locked in extension (remove for hygiene and exercises only)	Limit Flexion to 50	Heel slides, quad sets, straight leg raises gastroc/soleus stretch
<b>PHASE II</b> <b>2-8 weeks</b>	↑ ROM	Non-Weight Bearing x 8 weeks	Flexion unlocked to 90 degrees while sitting *Locked in full extension while standing and sleeping	Limit Flexion to 90 Full extension 4 - 6 weeks: progress to full PROM as tolerated with flexion no greater than 90 degrees	Co-contraction isometric ab/adduction, patellar mobilization, ankle strength
<b>PHASE III</b> <b>8 weeks -</b> <b>12 weeks</b>	Maintain ROM ↑ Strength	Progress to partial WB then FWB Normalized gait pattern	6-8 Weeks: unlocked Gradually discontinue brace	Gain full and pain free ROM	Begin hamstring strengthening (8 weeks), advance to closed chain strengthening, progress proprioception activities, begin stationary bike
<b>PHASE IV</b> <b>12 weeks-</b> <b>16 weeks</b>	↑ Strength	Full	None	Full and pain free	Continue exercises from phase III Focus on single leg strength, straight ahead running, plyometrics, sport specific drills
<b>PHASE V</b> <b>4-6 months</b>	↑ Strength Flexibility	Full	None	Full and pain free	Progress flexibility and strengthening Functional progress: forward/backwards running, jogging, plyometrics
<b>PHASE VI</b> <b>6+ months</b>	Strength & Endurance	Full	None	Full and pain free	Gradual return to sports participation, maintenance program for strength and endurance