

## Meniscal Root Repair and Complex Meniscal Repair

Dr. Erickson

| Time Frame                                       | Treatment   | Goals   |
|--|---|---|
| Phase I (Day of surgery – 8 weeks after surgery) | <ul style="list-style-type: none"> <li>• Precautions:               <ul style="list-style-type: none"> <li>○ Ambulate with crutches</li> <li>○ TTWB for 6 weeks</li> <li>○ ROM 0-90</li> <li>○ Wean from brace locked to unlocked within the first 6 weeks. No brace after 6 weeks as patient establishes good quad and gait control.</li> </ul> </li> <li>• Suggested Exercise:               <ul style="list-style-type: none"> <li>○ Ankle pumps, quad sets, hamstring sets</li> <li>○ Work on active and passive ROM from 0-90 degrees</li> </ul> </li> </ul> | <ul style="list-style-type: none"> <li>• Protect the Repair</li> <li>• Progression Criteria:               <ul style="list-style-type: none"> <li>○ 8 weeks after surgery</li> </ul> </li> </ul>        |
| Phase II (8-12 weeks after surgery)              | <ul style="list-style-type: none"> <li>• Precautions:               <ul style="list-style-type: none"> <li>○ No ROM restrictions</li> <li>○ No weight bearing with the knee past 60 degrees of flexion</li> <li>○ No impact activities</li> </ul> </li> <li>• Suggested Exercise:               <ul style="list-style-type: none"> <li>○ Stationary bike</li> <li>○ Quad strengthening</li> <li>○ ROM exercises</li> </ul> </li> </ul>  | <ul style="list-style-type: none"> <li>• Normalize gait with WBAT</li> <li>• Progression Criteria:               <ul style="list-style-type: none"> <li>○ 12 weeks after surgery</li> </ul> </li> </ul> |
| Phase III (12 weeks after surgery)               | <ul style="list-style-type: none"> <li>• Precautions:               <ul style="list-style-type: none"> <li>○ Avoid post activity swelling</li> <li>○ Post activity swelling should resolve within 24 hours</li> </ul> </li> <li>• Suggested Exercise:               <ul style="list-style-type: none"> <li>○ Strengthening</li> <li>○ Balance</li> <li>○ Work in impact exercises gradually</li> </ul> </li> </ul>  | <ul style="list-style-type: none"> <li>• Initiate sport specific rehab</li> </ul>   |