

**Meniscus Repair Protocol – Root or Radial Tear Repair  
Dr. Bryan Perkins**

<b>Time Frame</b>	<b>Treatment</b>	<b>Goals</b>
Post-Op Day	<ul style="list-style-type: none"> <li>• Dressing Change</li> <li>• Instruction in Signs and Symptoms of Infection</li> <li>• Check for DVT</li> <li>• Issue HEP for quad sets, SLR, hip adduction, hip abduction, patellar mobilizations, hip extension, heel slides and cryotherapy</li> <li>• ROM 0-90, progress pain free</li> <li>• <b>NWB for 6 weeks</b></li> </ul>	<ul style="list-style-type: none"> <li>• Independent in HEP</li> <li>• Fair Quad Set</li> <li>• Independent with SLR</li> <li>• Understands WB Status</li> <li>• Long hinged knee brace locked for mobility, unlocked NWB 0-90</li> </ul>
Phase I 0-6 weeks	<ul style="list-style-type: none"> <li>• Frequency = 1-2x/week if needed to attain good quad set, good ROM</li> <li>• Tabletop exercises in clinic and HEP</li> <li>• Can progress ROM to 90</li> </ul>	<ul style="list-style-type: none"> <li>• Good Quad Set</li> <li>• Full Extension</li> <li>• ROM to 90</li> <li>• Long hinged brace locked for mobility</li> </ul>
Phase II 6-12 weeks	<ul style="list-style-type: none"> <li>• Frequency = 2-3x/week</li> <li>• Progress WBAT</li> <li>• Progress unilateral exercises</li> <li>• Progress functional strength training and closed chain exercises</li> <li>• Progress ambulation to normalize gait</li> </ul>	<ul style="list-style-type: none"> <li>• Normal gait</li> <li>• Normal gait on stairs</li> <li>• ROM WNL</li> <li>• Progress out of long hinged brace per quad control</li> </ul>
Phase III 12-16 weeks	<ul style="list-style-type: none"> <li>• Frequency = 1-2x/week</li> <li>• ROM WNL</li> <li>• Progress all other strengthening as tolerated</li> <li>• Plyometrics – double leg progressing to single leg</li> <li>• Begin jogging, swimming, biking</li> </ul>	<ul style="list-style-type: none"> <li>• Return to functional training at 3-4 months per MD discretion</li> </ul>
Phase IV 16+ weeks	<ul style="list-style-type: none"> <li>• Frequency - prn</li> </ul>	<ul style="list-style-type: none"> <li>• Return to sports and functional activity at 6 months pending MD clearance and passing functional return to sport testing</li> </ul>