



FOX VALLEY ORTHOPEDICS
MENISCAL ROOT REPAIR / HIGH RISK REPAIR

PHASE 1

week 1-6

Goals: pain management, edema reduction, minimize quad atrophy, repair protection

- NWB x 6 wks
 - PROM, AAROM, AROM
 - *emphasize full extension
 - prone hangs
 - flexion as tolerated, NWB only
- strengthening - open chain only
 - quad sets
 - SLR
- stretching
 - hamstring/ITB
 - gastroc/soleus
- manual techniques
 - mobilization
 - scar mobility
- modalities

PHASE 2

week 6-12

Goals: full ROM, normal gait, strength progression, continued repair protection, ACL reconstruction protection due to tendon revascularization

- FWB at 6 weeks
- PROM, AROM, RROM
 - Do not force flexion, progress to full as tolerated
- strengthening
 - Continue Open chain exercises
 - Progress to WB TKE's , avoid WB flexion greater than 45 degrees
- stretching
- neuromuscular re-education
 - balance board bilateral LEs
 - SLS
- manual techniques
- modalities

Continued

HIGH RISK MENISCAL REPAIR**PHASE 3****week 12-16**

Goals: strength and proprioception progression

- strengthening
 - total gym squat progression (limit to ≤ 60 degrees)
 - step up/down - progress as tolerated
- neuromuscular re-education
 - balance board unilateral LE
- manual techniques

month 4

Goals: strength progression, sport training

- strengthening
 - light plyometrics/ladder
 - bilateral jumping
 - jogging/running progression

month 5

Goals: strength progression, sport training

- strengthening
 - moderate plyometrics with progression to advanced levels
 - unilateral jumping
 - light sport practice

month 6 and later

Goals: strength progression, return to sports

- strengthening
 - cutting and pivot activities
 - return to sports as tolerated