



Chris Miller, MD
PRMC Bone and Joint
620.672.1002

PHYSICAL THERAPY PROTOCOL FOR MENISCUS ROOT REPAIR

THIS PROTOCOL IS PROVIDED FOR GENERAL GUIDELINES AND RECOMMENDATIONS. ALL PHYSICIAN ORDERS SUPERCEDED THIS PROTOCOL. IT IS ADVISED THAT THERPAIST USE CLINICAL JUDGEMENT AND DISCRETION IN ADVANCING PATIENTS THROUGH THE PROTOCOL.

PHASE 1 – MAXIMUM PROTECTION (WEEKS 0-6)

Goals:

1. Reduce pain and inflammation
2. 0 Degrees of knee extension
3. Knee flexion limited to 90 degrees for 3 weeks then progressing from 90 to 120 degrees by 6 weeks

Weight Bearing – Non-weightbearing for 6 weeks

Therapeutic Exercise:

Ankle Pumps
Passive knee extension to 0 degrees
Hamstring stretches
Patella mobilizations
Quad sets
Straight leg raises all 4 directions
Passive and active knee flexion following knee flexion limitations
Open chain hip strengthening.

Modalities:

Cryotherapy/Ice packs with elevation for swelling and pain management
NMES to assist quadriceps activation if needed
Electrical stimulation/IFC for pain control and swelling if needed



PHASE 2 – PROGRESSIVE GAIT, ROM, AND STRENGTHENING (WEEKS 6-8)

Goals:

1. Improved knee ROM
2. Full weight bearing and normal gait
3. Improved quad and LE strength
4. Avoid Rotational movements until 14 weeks

Weight Bearing – Progress to full weightbearing

Therapeutic Exercise:

Continue previous exercises
Progress to full knee ROM
Stationary bike
Bilateral closed kinetic chain strengthening starting with limited knee ROM
Step up progression
Balance and proprioception exercises
Gait training as needed to normalize gait

Modalities: PRN

Cryotherapy/Ice packs with elevation for swelling and pain management
Electrical stimulation/IFC for pain control and swelling if needed

PHASE 3 – ADVANCED STRENGTHENING AND PROPRIOCEPTION (WEEKS 8-12)

Goals:

1. Full knee ROM
2. Maximize strengthening for the quadriceps and lower extremity
3. Avoid rotational movements until 14 weeks.

Therapeutic Exercise:

Continue previous exercises as needed using therapist discretion
Increase endurance on stationary bike
Begin unilateral closed kinetic chain exercises
May add gym strengthening exercises including leg press less than 90 deg of knee flexion
Progressive proprioception exercises
Progressive hip strengthening
May add treadmill walking and elliptical trainer
Progressive squat and lunge program starting at 10 weeks
May start outdoor biking at 10 weeks



PHASE 4 – ADVANCED STRENGTH AND RUNNING PROGRESSION (WEEKS 12-16)

Goals:

1. Return to running
2. Return to sports testing with involved limb testing 90% of uninvolved limb

Therapeutic Exercise:

Continue previous exercises as needed using therapist discretion

Start linear running progression

Start plyometrics bilateral progressing to unilateral

At 14 weeks progress to lateral, rotational and multi directional drills

RETURN TO PLAY

Return to play and sporting events when cleared by physician.