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CENTRAL INDIANA
 ORTHOPEDICS

Meniscal Root/Radial Repair Post-Operative Rehabilitation Protocol

Post-op Days 1 - 14

- Dressing - POD 1: Debulk dressing, TED Hose in place
 - POD 2: Change dressing, keep wound covered, continue TED Hose
 - POD 7-10: Sutures out, D/C TED Hose when effusion resolved
- Brace x 9 weeks - Locked in extension x 6 weeks for ambulation
- Crutches - Nonweight bearing (NWB) in brace
- Patellar mobilization (teach patient)
- Calf pumping
- **No active Hamstring exercises**
- AAROM 0-90 degrees - Heel slides with towel assist
- Passive extension with heel on bolster or prone hangs
- Electrical stimulation in full extension with quad sets and SLR
- Quad sets, Co-contractions quads / HS
- Straight leg raise (SLR) x 4 on mat (in brace if poor quad control)
- Gentle Hamstring stretching
- Ice pack with knee in full extension after exercise

Goals

- Full passive extension
- Flexion to 60 degrees
- Good quad control

Weeks 2 - 4

- Brace x 9 weeks - Locked in extension x 6 weeks for ambulation
- Crutches - NWB in brace
- Continue appropriate previous exercises
- Scar massage when incision healed
- **No active Hamstring exercises**
- PROM, AAROM, AROM 0-90 degrees only
- SLR x 4 on mat - Add light ankle weights if quad control is maintained
- Stretches - Hamstring, Hip Flexors, ITB

Goals

- Pain/effusion control
- No extensor lag



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**CENTRAL INDIANA
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Weeks 4 - 6

- Brace x 9 weeks - Locked in extension x 6 weeks for ambulation
- Crutches - NWB in brace
- Continue appropriate previous exercises
- PROM, AAROM, AROM 0-90 degrees only
- Hamstring curls 0-45 degrees - Carpet drags or rolling stool (closed chain)
- Stationary bike with seat high for ROM - Complete cycle as able

Goals

- ROM 0-90 degrees
- No effusion

Weeks 6 - 9

- Brace - Open to available range
- Crutches - Weight bearing as tolerated (WBAT), D/C when gait normal
- Continue appropriate previous exercises
- PROM, AAROM, AROM - Gradually increase motion through full range
- Standing SLR x 4 with light Theraband bilaterally
- Wall squats 0-45 degrees
- Hamstring curls 0-60 degrees - Carpet drags or rolling stool (closed chain)
- Forward, lateral and retro step downs in parallel bars
 - No knee flexion past 45 degrees (small step)
- Single leg heel raises
- Proprioceptive training - Single leg standing in parallel bars
 - Double leg BAPS for weight shift
- Treadmill - Forwards and backwards walking
- Stationary bike - Progressive resistance and time
- Elliptical trainer

Goals

- Full ROM
- Normal gait

Weeks 9 - 12

- D/C Brace
- Continue appropriate previous exercises with progressive resistance
- Wall squats 0-90 degrees
- Leg press 0-90 degrees with resistance as tolerated
- Hamstring curls 0-90 on weight machine with light resistance
- Forward, lateral and retro step downs (medium to large step)
- Hip weight machine x 4 bilaterally
- Proprioceptive training - Single leg BAPS, ball toss and body blade
 - Grid exercises
- Fitter
- Slide board
- Treadmill - Walking progression program
- Pool therapy

Goal

- Walk 2 miles at 15 min/mile pace



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**CENTRAL INDIANA
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Months 3 - 4

- Continue appropriate previous exercises
- **No Squatting or Leg press > 90 degrees**
- Hamstring curls on weight machine through full range
- Knee extension weight machine as tolerated
- Short arc quads
- Functional activities - Figure 8s, gentle loops, large zigzags
- Stairmaster - Small steps
- Treadmill - Running progression program
- Pool therapy - Swimming laps

Goal

- Run 2 miles at easy pace

Months 4 - 6

- Continue appropriate previous exercises
- Squatting and Leg press through full range as tolerated
- Agility drills / Plyometrics
- Sit-up progression
- Running progression to track
- Quad stretches
- Transition to home / gym program

Goals

- Return to all activities

No contact sports until 6 months post-op