



## **Lisa Kaplin, DO**

### **Post-Operative Rehabilitation Guidelines for Meniscal Root Repair**

#### Weeks 0-4:

- No weight bearing in brace in extension
  - Crutches
- Brace in extension for sleeping 0-2 wks
- Active/Passive ROM 0-90 degrees
- Quad sets, SLR, Heel Slides
- Patellar Mobilization

#### Weeks 4-6:

- Advance to flat foot weight bearing
- May unlock brace
- Progress with ROM until full
- No weight bearing with knee flexion past 90 degrees

#### Weeks 6-8:

- WBAT with brace unlocked
- D/C brace when quad strength adequate (typically around 6 weeks)
- D/C crutches when gait normalized
- Wall sits to 90 degrees

#### Weeks 8-12:

- WBAT without brace
- Full ROM
- Progress with closed chain exercises
- Lunges from 0-90 degrees
- Leg press 0-90 degrees
- Proprioception exercises
- Begin Stationary Bike

#### Weeks 12-16

- Progress Strengthening exercises
- Single leg strengthening
- Begin jogging and progress to running
- Sports specific exercise