

**Meniscus Root Repair
Postoperative Rehabilitation Protocol
Dr. Jeffrey Witty, M.D.**

Notes:

- If done with concomitant ACL, this meniscus root protocol takes precedence (weightbearing, motion, exercises) over the corresponding ACL protocol for the respective postop timeline
- See any additional noted from MD regarding additional precautions etc.
- **NO LOADING THE KNEE IN FLEXION GREATER THAN 90 DEGREES FOR 4 MONTHS POSTOP!**
- Avoid any tibial rotation during exercise

Modalities:

- Ice, compression, thigh high compression sleeve, and other swelling reduction ok to start immediately and done at least 3 – 5 times daily for about 30 minutes. Keep surgical site
- Thigh high compression sleeve at least 6 weeks postop

	Weightbearing	Brace	ROM	Exercise
Phase I Week 0 - 4	NWB	Locked in full extension for sleeping, ambulation (to prevent isolated hamstring activation and tibial translation) Ok to remove for ROM while avoiding varus/valgus stress.	<u>WITHOUT ACL</u> PROM/AAROM/AROM: 0 - 90 <u>WITH ACL</u> PROM: 0 - 90 AAROM/AROM: 30 - 90 Avoid hyperextension for first 4 weeks	Maintain full knee extension. Straight leg raises Quad sets If anterior skin incision only patella mobs medial to lateral with suprapatellar pouch massage. If no anterior skin incision, ok to include superior/inferior mobilization as well. Ankle pumps
Phase II Week 4 - 6	NWB	Locked in full extension for sleeping, ambulation (to prevent isolated hamstring activation and tibial	Progress ROM as tolerated.	Continue Phase I

**Meniscus Root Repair
Postoperative Rehabilitation Protocol
Dr. Jeffrey Witty, M.D.**

		translation) Ok to remove for ROM while avoiding varus/valgus stress.		
Phase III Week 6 - 8	Start to progress to WBAT over next 2 weeks as pain, swelling, and gait retraining allows.	None	As tolerated.	Continue Phase I Start toe raise, wall sits to fatigue, minisquats
Phase IV Start Week 8- 12	WBAT	None	As tolerated	Continue Phase III Start leg press (10- 90) Start light weight hamstring curls (light weight, high rep) Begin endurance closed chain exercise (stationary bike, elliptical) Start proprioception on BAPS (biomechanical ankle platform system)
Phase V Week 12 - 16	WBAT	None	As tolerated	Continue Phase IV, progress strengthening with as tolerated without loading the knee in > 90 degree flexion.

**Meniscus Root Repair
Postoperative Rehabilitation Protocol
Dr. Jeffrey Witty, M.D.**

<p>Phase VI Week 16 - 24</p>	<p>WBAT</p>	<p>None</p>	<p>As tolerated</p>	<p>Continue Phase V, progress strengthening with as tolerated. Ok to start weight at all angles of knee motion.</p> <p>Begin light jogging on even surface. No cutting or pivoting.</p>
<p>Phase VII Week 24 - 28</p>	<p>WBAT</p>	<p>None</p>	<p>As tolerated</p>	<p>Continue Phase VI.</p> <p>Progress from jogging to running.</p> <p>Begin plyometrics</p>
<p>Phase VIII Week 28 and beyond</p>	<p>WBAT</p>	<p>None</p>	<p>As tolerated</p>	<p>Continue Phase VII.</p> <p>Progress to cutting drills once able to run in straight line at full speed.</p> <p>Progress plyometrics</p> <p>Begin sport specific once criteria met</p>

Protocol adapted from:
 Vyas et al Sports Med Arthrosc Rev 2012
 Bhatia et al AJSM 2014
 LaPrade et al JAAOS 2015
 LaPrade et al AJSM 2016
 Operative Techniques in Knee Surgery 2017
 Noyes Knee Disorders, Surgery, Rehabilitation, Clinical Outcomes, 2016