



INOVA[®]

Sports Medicine

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Physical Therapy Protocol Following Meniscus Root Repair

Weight Bearing Status – Non-Weight Bearing x 6 weeks with brace locked in extension, when not moving around
brace can be unlocked from 0-90

Post-Op Week 1:

Goals:

1. Minimize swelling and pain
2. Restore full knee extension, gradually improve **passive** flexion
3. Re-establish quadriceps control
4. Protect meniscal repair; **no flexion past 90⁰ for 6 weeks**

Exercises:

1. Quad sets, SLR (flexion, abduction, adduction)
2. Heel slides < 90⁰
3. Calf pumps
4. Patellar mobilizations
5. ROM: Seated passive knee flexion (**No active flexion**)

Post-Op Weeks 2-3:

Goals:

1. Minimize swelling and pain
2. Continue to establish quadriceps control
3. Restore FULL knee extension, gradually improve flexion

Exercises:

1. ROM: (0-90⁰); **all passive**
2. Add weight to SLR

Post-Op Weeks 4-6:

Goals:

1. ROM: Maintain FULL extension, 90⁰ flexion
PROM/AAROM
2. Restore quadriceps strength
3. Begin restoring proprioception

Exercises:

1. Stationary bike for ROM without restrictions (not full revolutions)
2. Closed chain quadriceps exercises
3. Continue core and hip strengthening with ROM restrictions

Post-Op Weeks 6-8:

Goals:

1. Discontinue brace and crutches at week 6 (normal gait and good quad control)
2. Restore proper gait training
3. Regain FULL ROM

Exercises:

1. SLRs without brace
2. Continue with stationary bike (high seat, low resistance)
3. Continue with closed chain exercises
4. Proprioception (mini trampoline standing, stable and unstable BAPS exercises)

Post-Op Weeks 8-12:

Goals:

1. Normalize lower extremity strength
2. Improve endurance and introduce functional exercises
3. Protect patellofemoral joint
4. Progress with strength, power and proprioception

Exercises:

1. Mini squats and leg press to 60°
2. Increase stationary bike resistance
3. Step-ups (begin with 2" and gradually increase to 8")
4. Proprioception and balance (lateral slide board, ball throwing and catching on BAPS)
5. Treadmill walking

Post-Op Weeks 12+:

Goals:

1. Return to running progression
2. Functional agilities
3. Return to unrestricted activities by 4-5 months, as per physicians' orders

Exercises:

1. Advance with closed chain exercises
2. Begin to incorporate cutting drills into agility training
3. Advance heights with plyometric conditioning
4. Sport specific drills (start at 25% on speed and advance as tolerated)

Criteria for release to sport(s):

1. Full painless ROM
2. 90% hamstring and quadriceps strength of contralateral side
3. No patellofemoral symptoms
4. No reactive effusion or instability with sport-specific drills