



Orthopaedic Associates of Zanesville

Post Operative Physical Therapy Guidelines

Meniscal Root Repair

The intent of this protocol is to provide the clinician with a general guideline of the post-operative course of the patient that has undergone the above stated procedure. It is by no means intended to substitute for one's clinical decision making regarding the progression of a patient's post-operative course based on their physical exam findings, individual progress, and/or the presence of possible post-operative complications. If a clinician requires assistance in the progression, please contact the referring surgeon's office.

Dr Brautigan, MD	Dr Burka, DO
0-4 Weeks: • TTWB in brace in extension with crutches • Brace in extension for sleeping 0-2 weeks • Active/Passive ROM 0-90° • Quad sets, SLR, heel slides • Patellar mobilization	0-6 Weeks: • NWB in brace in extension with crutches • Brace in extension for sleeping 0-2 weeks • Active/Passive ROM 0-90° • Quad sets, SLR, heel slides • Patellar mobilization
4-6 Weeks: • Advance to FWBAT • May unlock brace • Progress with ROM until full • No weight bearing with knee flexion past 90°	6-8 Weeks: • Advance to FWBAT • May unlock brace at discretion of PT • D/C brace when quad strength adequate (typically around 8 weeks) • D/C crutches when gait normalized • Progress with ROM until full • No weight bearing with knee flexion past 90° • Wall sits to 90°
6-8 Weeks: • 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°	8-12 Weeks: • WBAT without brace • Full ROM • Progress with closed chain exercises • Lunges from 0-90° • Leg press 0-90° • Proprioception exercises • Begin stationary bike
8-12 Weeks: • WBAT without brace • Full ROM • Progress with closed chain exercises • Lunges from 0-90° • Leg press 0-90° • Proprioception exercises • Begin stationary bike	>12 Weeks: • Progress strengthening exercises • Single leg strengthening • Begin jogging and progress to running • Sports specific exercise
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