

Meniscal Root Repair Protocol

Your Logo

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This protocol is suitable for patients following meniscal root repair.

Caution: This protocol is only intended as a guide. Please liaise with the patient's orthopaedic surgeon before using this protocol.

Initial Precautions

- Non-weight bearing for 6/52
- Brace locked at 0° when ambulating
- Limit passive ROM to 0-90° for 2/52
- Avoid isolated hamstrings contraction for 6/52
- Avoid deep squatting until 6/12

Phase 1: 0- 6 Weeks

Goals: protect the repair, control pain & effusion, restore ROM, muscle activation.

- Swelling and pain management (POLICE protocol)
- NWB for 6/52 with brace locked in full extension when ambulating
- Passive knee ROM 0-90° for 2/52, then full passive ROM as comfort allows
- Patella, patellar and quads tendon mobilisation
- TAQ's/SLR/IRQ's
- Open chain hip maintenance exercises
- Calf stretches
- Thomas test stretches (rectus femoris, hip flexors)

Criteria for progressing to phase 2:

- Minimal/no effusion, normal knee temperature, symmetrical ROM, able to SLR



Phase 2: 6 - 9 Weeks

Goals: improve weight bearing tolerance

- PWB (25%) with brace unlocked, progressing to WBAT with normal gait
- Full AROM once able to ambulate safely with brace unlocked
- Limit CKC <30° with adequate control
- If no increase in pain/effusion, progress CKC to <40°
- Static bike (no resistance) when sufficient ROM
- Proprioception and calf raises once FWB
- Start isometric hamstrings

Criteria for progressing to phase 3:

- Trace/no effusion
- FWB with normal gait pattern on flat surfaces, able to tolerate 25 mins standing/walking



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Phase 3: 9 –16 Weeks

Goals: develop muscular endurance

- Limit CKC <70° progressing from double to single leg (endurance parameters)
- From 12 weeks: static bike with resistance, elliptical trainer, treadmill walk, freestyle swimming

Criteria for progressing to phase 4:

- 90 second hold in single leg squat at 45° knee flexion.

Phase 4: 16 - 22 Weeks

Goals: develop muscular strength

- Start OKC isotonic hamstrings exercises
- Limit CKC <90° until 20 weeks
- Progress CKC from double to single leg (strength parameters)

Criteria for progressing to phase 5:

- Quads index >80%
- Y balance test LSI <8cm on anterior reach

Phase 5: 22+ Weeks

Goals: Power, running and return to sport

- Avoid deep squatting until 6/12
- Continue with strength training
- Sports specific progressions appropriate for the individual demands of the patient

Examples: Graduated running programme

Agility work once running programme completed
Progressive cutting and pivoting movements
Double and single leg landing and jumping
Plyometrics

Criteria for full return to sporting activities:

- LSI > 90% on strength and hopping tests

References:

Mueller BT, Moulton SG, O'Brien L, LaPrade RF. Rehabilitation Following Meniscal Root Repair: A Clinical Commentary. J Orthop Sports Phys Ther. 2016;46(2):104-13.