Meniscal Root Repair Protocol

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
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: