Indiana University Health

IU Health Physicians Orthopedics & Sports Medicine

MENISCAL ROOT REPAIR (UPDATED)

PHYSICAL THERAPY PROTOCOL

Bryan M. Saltzman, M.D.
Chief, Division of Sports Medicine & Shoulder/Elbow Surgery
Indiana University Health Physicians
Assistant Professor of Orthopaedic Surgery, Indiana University
Sports Medicine, Cartilage Restoration, Shoulder/Elbow Surgery
IU Health Methodist Medical Plaza North (MSK) – 201 Pennsylvania Pkwy #100, Carmel, IN 46280
IU Health Methodist Hospital – 1801 N Senate Ave, Indianapolis, IN 46202
317-944-9400
www.bryansaltzmanmd.com

Patient Name: _____ **Date of Surgery**: _____

___ Evaluate and Treat **___ Provide patient with home program**

Frequency: _____x/week x _____weeks

General precautions:

- Non-Weight-Bearing (NWB) for 6 weeks with transition to WBAT between 6-8 weeks.
- ROM is limited to 90° for 4 weeks.
- Tibial rotation is avoided for 6wks.

- Goal is for full ROM by 6wks

__ **Phase I (0-6 wks):** ***Period of protection.***

- **Weightbearing:** NWB with crutches
- **Brace:** Locked in extension except to work on ROM and removed for hygiene
- **ROM:** PROM and AROM 0-90° for 4 weeks. Between 4-6 weeks progress to full ROM.
- **Therapeutic exercises:**
  - Patellar mobilizations: 5-10minutes daily
  - Electric stimulation for quad control
  - Heel slides
  - SLRs supine
  - Isometrics for quads, hip abductors and adductors
  - Ankle/hip strengthening

__ **Phase II (6-8 wks):** ***Transition phase.***

- **Weight Bearing:** Progress to WBAT between weeks 6-8.
- **Brace:** Unlocked fully for ROM exercises.
- **ROM:** Full ROM allowed. No weight bearing flexion >45°.
- **Therapeutic Exercises:**
  - As above.
  - Initiate stationary bike

__ **Phase III (8-12 wks):** ***Strengthening Phase A***

- **Weight Bearing:** As tolerated.
- **Brace:** Discontinue brace. Transition to medial unloader if valgus malalignment (for 4 months post-operatively).
- **ROM:** Full active ROM. No weight bearing flexion >45°
- **Therapeutic Exercises:**
  - As above with progressive resistance
  - Closed chain extension exercises, hamstring strengthening
  - Isokinetics
  - Proprioception exercises
- **Restrictions:** No running.

___**Phase IV (12-16 weeks):** ***Strengthening Phase B***

- **Weight Bearing:** Full weightbearing with normal gait pattern
- **ROM:** Full active ROM. No weight bearing flexion >70°
- **Therapeutic Exercises:**
  - As above.
  - Focus on single-leg strengthening with body weight and increase to resisted exercises
- **Restrictions:** No running.

___**Phase V (4-6 months):** ***Power, Agility and Sports Training***

- **Weight Bearing:** Full.
- **ROM:** Full/painless
- **Therapeutic Exercises:**
  - As above (progress intensity)
  - Plyometrics and sport specific activities (progressed as tolerated)
  - Initiate jogging
    - Begin with 1 mile jog and increase in ¼ mile increments
    - Once able to jog 20 minutes without discomfort or swelling, may progress to functional activities to include figure 8's, cutting and jumping.
  - Gradual return to athletic activity as tolerated
  - Maintenance program for strength and endurance
- **Criteria to return to sports (6+ months):**
  - Full pain free ROM
  - Strength >90% contralateral side
  - Normal isokinetic evaluation and function tests
  - Satisfactory performance of sport specific activities without effusion

__ Other:

__ Modalities __ Electrical Stimulation __ Ultrasound
__ Heat before/after __ Ice before/after exercise
__ May participate in aquatherapy after week three, begin aqua-running week 6

By signing this referral, I certify that I have examined this patient and physical therapy is medically necessary. This patient __ would __would not benefit from social services.

_____ Date:_____

Bryan M. Saltzman, MD