



Indiana University Health

IU Health Physicians Orthopedics & Sports Medicine

MENISCAL ROOT REPAIR (UPDATED)

PHYSICAL THERAPY PROTOCOL

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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