



# Indiana University Health

IU Health Physicians Orthopedics & Sports Medicine

## **MENISCAL ROOT REPAIR (UPDATED)**

### **PHYSICAL THERAPY PROTOCOL**

**Bryan M. Saltzman, M.D.**

Indiana University Health Physicians

Assistant Professor of Orthopaedic Surgery, Indiana University

Sports Medicine, Cartilage Restoration, Shoulder/Elbow

IU Health Methodist Hospital – 1801 N Senate Ave, Indianapolis, IN 46202

IU Health North – 201 Pennsylvania Pkwy #100, Carmel, IN 46280

317-944-9400

[www.bryansaltzmanmd.com](http://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

\_\_\_ **Phase V (16-20 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
    - 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**