

## Meniscal Root or Radial Repair

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Patient \_\_\_\_\_  
 DOS \_\_\_\_\_

Post-Op Weeks 1 – 6	Post-Op Weeks 6-8	Post-Op Weeks 8-16	Post-Op Week 16+
<p><b>Weight Bearing</b> – NWB</p> <p><b>Brace</b> –0-90° x4 weeks or Per MD                      -should be worn while sleeping                      -locked at 0° for ambulation and sleeping</p> <p><b>PROM</b> - 0-90° from 1-4 weeks.                      Weeks 4-6 Gradually advance as tolerated</p> <p><b>AROM</b> - None</p> <p>Control swelling &amp; inflammation</p> <p>Educate on rehab progression</p> <p>Patellar Mobilization                      Scar Mobilization</p> <p><b>Exercises:</b>                      Ankle Pumps</p> <p>Quad sets (consider NMES)</p> <p>Seated Hip Flexion</p> <p>4-way Hip with brace locked until adequate quad control</p> <p>Gastroc/Ham stretching</p> <p>Prone Hang</p> <p>SAQ</p> <p>Overball/Sportcord</p> <p>LAQ</p>	<p><b>Weight Bearing</b> – WBAT with brace locked at 0°</p> <p>D/C brace when adequate quad control achieved</p> <p>D/C crutches when gait is normal</p> <p><b>PROM</b> - Full</p> <p><b>AROM</b> – Advance as tolerated</p> <p><b>Exercises:</b>                      Continue Previous</p> <p>Heelslides</p> <p>Total Gym (limit to 90°)                      Squats (limit to 90°)                      Leg Press (limit to 90°)                      Wall Sits (limit to 90°)</p> <p>Heel Raises</p> <p>Stationary Bike – when 110° of knee flexion achieved</p> <p>Front Step Ups                      Lateral Step Ups                      Step Downs</p> <p>DL → SL Balance/Proprioceptive Training</p> <p>Aqua Therapy for functional ROM, forward/retro walking, marching, lateral stepping</p>	<p><b>AROM</b> – 0-135°</p> <p><b>Exercises:</b>                      Continue Previous and progress</p> <p>Russian Deadlifts</p> <p>Single Leg Squats</p> <p>Lunges</p> <p>Core Strengthening</p> <p>Balance &amp; Reach</p> <p>Plyoback toss on even and uneven surfaces</p> <p>Vectors</p>	<p>Continue Previous</p> <p>Assess light jogging</p> <p>Initiate lateral movements</p> <p>Plyometrics:                      Squat jumps                      Tuck jumps                      Box jumps                      180° jumps                      Cone jumps                      Broad jumps                      Scissor hops                      Power skips                      Bounding</p> <p>Ladder drills</p> <p>Agility:                      Carioca                      Figure 8's                      Circles                      Turns                      Cuts</p> <p>Progress with plyometrics and sport specific drills.</p> <p>Refer to the Advanced ACL rehab protocol for ideas on exercises and progression</p> <p>Any Questions? Please contact:  <b>Northwoods Therapy Associates</b>                      Altoona, WI      Chippewa Falls, WI                      (715) 839-9266      (715) 723-5060</p> <div style="border: 1px solid black; padding: 5px; text-align: center; width: fit-content; margin: 0 auto;"> <p>January 2020</p> </div>