

## Meniscal Root Repair/Meniscal Transplant

Dr. Austin Crow  
 Chippewa Valley Orthopedics & Sports Medicine  
 1200 OakLeaf Way, Suite A      757 Lakeland Drive, Suite B  
 Altoona, WI 54720                      Chippewa Falls, WI 54729

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

Post-Op Weeks 0 – 1	Post-Op Weeks 2-5	Post-Op Weeks 6-7	Post-Op Weeks 8-9	Post-Op Week 10+
<p><b>Weight Bearing</b> –                      Toe touch with crutches</p> <p><b>Brace</b> –0-90° x6 weeks or Per MD</p> <p><b>PROM</b> - 0-120°</p> <p><b>AROM</b> - 0-90°</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                      Quad sets (consider NMES)                      Hamstring co-contractions at multiple angles                      SLR with brace locked until adequate quad control                      Heel slides in brace</p> <p><b>CPM</b> or knee flexion 200x a day</p>	<p><b>Weight Bearing</b> –                      Toe touch with crutches</p> <p><b>PROM</b> - Advance as tolerated</p> <p><b>AROM</b> - Advance as tolerated</p> <p><b>Exercises:</b>                      Continue Previous</p> <p>Overball/Sportcord</p> <p>Total Gym 25% BW max</p> <p>Leg press 25% BW max</p> <p>LAQ</p> <p>Hamstring Curls</p> <p>Heel Raises</p> <p>Multi-Hip Isotonics – Sidelying and Prone</p> <p>Stationary Bike</p> <p>Aqua Therapy for functional ROM, forward/retro walking, marching, lateral stepping</p>	<p><b>Weight Bearing</b> – Transition to 100%</p> <p><b>PROM</b> - Full</p> <p><b>AROM</b> – Full</p> <p><b>Exercises:</b>                      Continue Previous</p> <p>Leg Press</p> <p>DL → SL Balance/Proprioceptive Training</p> <p>Squats</p> <p>Wall Sits</p> <p>Front Step Ups</p> <p>Lateral Step Ups</p> <p>Step Downs</p> <p>Stairmaster                      Elliptical                      Treadmill</p>	<p><b>Exercises:</b>                      Continue Previous</p> <p>Single Leg Squats                      Lunges</p> <p>Core Strengthening</p> <p>Balance &amp; Reach</p> <p>Vectors</p>	<p>Continue Previous</p> <p>Assess light jogging</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>November 2019</p> </div>