



REHABILITATION GUIDELINES

MENISCAL ROOT REPAIR

Edward S. Chang, MD
Orthopaedics and
Sports Medicine

OFFICE LOCATIONS

TUESDAY
8100 Innovation Park
Drive
Fairfax, VA 22031
T 703-970-6464
F 703-970-6465

WEDNESDAY
1005 N. Glebe Rd
Suite 410
Arlington, VA 22201
T 571-414-6940
F 703-970-6465

THURSDAY
FRIDAY (AM only)
6355 Walker Lane
Suite 300
Alexandria, VA 22310
T 703-797-6980
F 703-797-6981

CLINICAL NURSE

Eileen Perri, BSN
(703) 797-6918

The intent of this protocol is to provide the therapist with guidelines of the post-operative rehabilitation course after a meniscal root repair. It should not be a substitute for one's clinical decision making regarding the progression of a patient's post-operative course based on their physical exam findings, individual progress, and/or the presence of post-operative complications. The therapist should consult the referring physician with any questions or concerns.

INDIVIDUAL CONSIDERATIONS:

Weeks 0-4

NWB with brace in extension with crutches for 0-2 weeks
TTWB weeks 2-4 in extension
Brace in extension for sleeping 0-2 wks
No ROM for 2 weeks
Quad sets, SLR, Heel Slides
Patellar Mobilization
Week 2: Begin ROM
Active/Passive ROM 0-90 degrees

Weeks 4-6

Advance to FWBAT locked straight in extension
Progress with ROM until full
No weight bearing with knee flexion past 90 degrees

Weeks 6-8

WBAT with brace unlocked
D/C brace when quad strength adequate (typically around 6 weeks)
D/C crutches when gait normalized
Wall sits to 90 degrees

Weeks 8-12

WBAT without brace (wean over 1-2 week period)
Full ROM
Progress with closed chain exercises
Lunges from 0-90 degrees
Leg press 0-90 degrees
Proprioception exercises
Begin Stationary Bike

Weeks 12-16

Progress Strengthening exercises
Single leg strengthening
Begin leg press, squats and lunges >90 degrees
Begin jogging program (Week 16- see below)
Sports specific exercise



REHABILITATION GUIDELINES

RETURN TO RUNNING PROGRAM

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PHASE I – Warm Up Walk 15 Minutes, Cool Down Walk 10 Minutes

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Day	1	2	3	4	5	6	7
Week 1	W5/J1x5*		W5/J1x5		W4/J2x5		W4/J2x5
Week 2		W3/J3x5		W3/J3x5		W2/J4x5	
Week 3	W2/J4x5		W1/J5x5		W1/J5x5		Return to Run

Key: W=walk, J=jog

*W5/J1x5= Walk (5 minutes), Jog (1 minute); repeat 5 times

PHASE II – Warm Up Walk 15 Minutes, Cool Down Walk 10 Minutes

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	20 min		20 min		20 min		25 min
2		25 min		25 min		30 min	
3	30 min		30 min		35 min		35 min
4		35 min		40 min		40 min	
5	40 min		45 min		45 min		45 min
6		50 min		50 min		50 min	
7	55 min		55 min		55 min		60 min
8		60 min		60 min			

- Recommendations:
 - Runs should occur on softer surfaces during Phase 1
 - Non-impact activity on off days
 - Goal is to increase mileage and then increase pace; avoid increasing two variables at once
 - 10% rule: no more than 10% increase in mileage per week