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Physical Therapy following Meniscal Root Repair

The following is a basic framework from which to work during rehabilitation following an a Meniscal Root Repair. Physical therapists may employ specific exercises at their discretion within these guidelines. We encourage patients and therapists to communicate with Dr. Brusalis and his staff with any questions.

0 - 4 Weeks:

- NWB in brace in extension with crutches until 6 weeks post-op
- Brace in extension for sleeping 0-2 wks
- Active/Passive ROM 0-90 degrees
- Quad sets, SLR, Heel Slides
- Patellar Mobilization

4 - 6 Weeks:

- Progress with ROM until full
- Maintain NWB status

6 - 8 Weeks:

- Advance to WBAT at 6 weeks post-op after transitioning to the unloader brace
- D/C immobilizer brace when quad strength adequate (typically around 6 weeks)
- D/C crutches when gait normalized
- Wall sits to 90 degrees

8 - 12 Weeks:

- WBAT with use of unloader brace until 6 months post-op
- Full ROM
- Progress with closed chain exercises
- Lunges from 0-90 degrees
- Leg press 0-90 degrees
- Proprioception exercises
- Begin Stationary Bike

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12 - 16 Weeks:

- Progress Strengthening exercises
- Single leg strengthening
- Begin jogging and progress to running
- Sports specific exercise