

Postoperative Rehabilitation Protocol for Meniscus Root Repair or Meniscal Allograft Transplantation (MAT)



Dr. MacLean

Physical therapy should be started within a few days after surgery

Postoperative weeks 0-2

PRECAUTIONS/RESTRICTIONS

- Flat-foot weight bearing (~25%) with crutches
- Brace 0-90 degrees when ambulating and sleeping
- Can remove brace for hygiene and therapy

RANGE OF MOTION

- Obtain full extension if lag is present
- Passive knee flexion limited to 90 degrees

STRENGTHENING

- Ankle pumps
- Heel slides in brace
- Quad recruitment with Time Modulated AC
- SLR in brace at 0 degrees until quad can maintain knee locked
- Patellar mobilizations as needed

MODALITIES PRN

Postoperative weeks 2-6

PRECAUTIONS/RESTRICTIONS

- Flat-foot weight bearing (~25%) with crutches
- Brace 0-90 degrees when ambulating and sleeping
- Can remove brace for hygiene and therapy

RANGE OF MOTION

- Obtain full extension if lag is present
- Passive knee flexion limited to 90 degrees weeks 2-4
- May begin to progress passive knee flexion as tolerated at week 4, no forced flexion
- **No weight bearing with knee flexion more than 90 degrees**

STRENGTHENING

- Ankle pumps
- Heel slides in brace
- Quad recruitment with Time Modulated AC
- SLR in brace at 0 degrees until quad can maintain knee locked
- Patellar mobilizations as needed
- Stationary bike with seat high. Can lower seat height as tolerated

MODALITIES PRN

Postoperative weeks 6-12

PRECAUTIONS/RESTRICTIONS

- Weeks 6-8: Begin gradual transition off crutches and to full weight-bearing over a 2-week period
- Discontinue brace

RANGE OF MOTION

- Restore and maintain full active ROM

STRENGTHENING

- No loading the knee in greater than 90 degrees of flexion until week 12

*If you have any problems or questions,
please call your doctor's office (8am-5pm).
Answering service for after hours.*

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- No pivoting, twisting, hopping, jumping, running
- Progress PRE's open/closed chain as tolerated
- Treadmill forward and retro-walking
- Cable column exercises
- Single leg stands for proprioception
- Cardiovascular training with bike, elliptical, or stair climber
- Slide board: start with short distance and increase as tolerated
- Lunges, leg press from 0-90 only

MODALITIES PRN

Postoperative weeks 12+

RANGE OF MOTION

- Maintain full ROM

STRENGTHENING

- Begin treadmill: jogging and progress to running (wall-run progression)
- Single leg strengthening
- Open chain and eccentrics
- Progress to activity-specific strengthening exercises
- Include plyometric/jumping exercises
- Begin cutting and agility exercises
- Work quad strength to within 15% or less of uninvolved leg
- Full return to sport/work involving pivoting, squatting, twisting, or running at 5 months