

Radial Meniscus Repair Rehabilitation Protocol

Phase/ Goals	Immobilization	ROM	Therapeutic Exercises
<p>Phase 1 (0-6 weeks)</p> <p>Goals:</p> <ul style="list-style-type: none"> • Protect repair • Minimize pain • Minimize Swelling • Begin passive range of motion exercises • Start PT 3-5 days after surgery • Work on quad recruitment 	<p>25% weightbearing with crutches</p> <p>Brace worn unlocked from 0-90° until 6 weeks postop</p> <p>Brace may be removed for hygiene and with therapy</p>	<ul style="list-style-type: none"> • Obtain full extension if lag is present • Work on 0-90° ROM with no forced flexion 	<ul style="list-style-type: none"> • Quad/HS sets • Heel slides in brace • Patella mobilizations • SLR in brace at 0 degrees until quad can maintain knee locked • 4-way hip strengthening • Stationary bike with seat high, lower to normal seat height as tolerated • Aquatic therapy (after first postop visit) • Leg extension and leg curls within ROM limitations
<p>Phase 2 (6-10 weeks)</p> <p>Goals:</p> <ul style="list-style-type: none"> • Improve muscular strength and endurance • Full, pain free ROM • Restore normal gait • Improve balance and proprioception 	<p>Progress to full weightbearing, normal gait</p> <p>Can use one crutch while normalizing gait</p> <p>Eliminate assistive devices once quad recruitment normal</p>	<ul style="list-style-type: none"> • Restore full, active ROM 	<ul style="list-style-type: none"> • Progress to strengthening exercises • Progress to closed-chain exercises with resistance
<p>Phase 3 (10+ weeks)</p>			<ul style="list-style-type: none"> • Progress to activity-specific strengthening exercise • Begin plyometric/jumping exercise

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<p>Goals:</p> <ul style="list-style-type: none">• Restore to pre-operative activity level• Enhance muscular strength/endurance	<p>Full Weightbearing without crutches</p>	<ul style="list-style-type: none">• Maintain full active range of motion	<ul style="list-style-type: none">• Begin running program (through walk-run progression)• Begin cutting/agility exercises•
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