

MENISCUSTEARS.COM The Knee Preservation Center

## **ROOT REPAIR** REHABILITATION PROTOCOL

Please share this with your physical therapist, and contact us if there are any questions.

	<b>0-21</b> days	<b>22-35</b> days	<b>36-42</b> days	<b>7-8</b> weeks	<b>9-12</b> weeks	4 months	5 months	6-12 months
Activities of Daily Living								
50% weight bearing (see video)	~	~	~					
Full weight bearing				~	~	~	~	~
Squatting with weight on surgical leg				~	~	~	~	~
Showering	~	×	×	~	<b>v</b>	¥	¥	
Bath / Hot tub / Sauna		•	*	•	•	•	•	•
Range-of-motion goals								
0°-90°	~	~	~	~	~	~	~	~
0°-120°				~	~	~	~	~
Full ROM						~	~	~
Patella mobilization	~	~	~	~	~	~	~	~
Stretching								
Hamstring	~	~	~	~	~	~	~	~
Gastric-soleus	~	~	~	~	~	~	~	~
lliotibial band	~	· ·	×	~	~	~	~	
Quad					~	~	~	
Strengthening						~	~	<b>~</b>
Active knee extension	~	~	~	~	~	~	~	~
Quadriceps isometrics	~	~	~	~	~	~	~	~
Straight leg raises	~	~	~	~	~	~	~	~
Open-chain strengthening:								
Knee extension quadriceps 0°-90°			~	~	~	~	~	~
Knee flexion hamstrings 0°-90°			~	~	~	~	~	~
Multi-hip			~	~	~	~	~	~
Hip abduction-adduction			~	~	~	~	~	~
Closed-chain chain:								
Calf raises w/ knee in extension	~	~	~	~	✓	~	~	~
Wall sits						~	~	~
Squats						~	~	~
Lunges						~	~	~
Balance/proprioceptive training								
Weight-shifting				~	~	~	~	~
BAPS					~	~	~	~
BBS					~	~	~	~
Mini-trampoline						~	~	~
Plyometrics							~	~
Conditioning								
Upper body ergometer (optional)	~	~	~	~	~	~	~	~
Swimming - freestyle				~	~	~	~	~
Aquatic program				~	~	~	~	~
Bike (stationary)					~	~	~	~
Stair climbing machine						~	~	~
Ski machine							~	~
Running: straight - ease in SLOWLY						~	~	~
Cutting							~	✓
Lateral carioca							~	· ·
Figure 8s							-	~
rigure os							~	~