

Meniscal Root Repair/Meniscal Transplant

Dr. Nathan Harris

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Patient _____
DOS _____

Post-Op Weeks 0 – 1	Post-Op Weeks 2-5	Post-Op Weeks 6-7	Post-Op Weeks 8-9	Post-Op Week 10+
Weight Bearing – Toe touch with crutches Brace – <i>Locked in extension when ambulating</i> PROM - 0-90° AROM - 0-90° Control swelling & inflammation Educate on rehab progression Patellar Mobilization Scar Mobilization Exercises: Ankle Pumps Quad sets (consider NMES) Hamstring co-contractions at multiple angles SLR with brace locked until adequate quad control Heel slides in brace CPM or knee flexion 200x a day	Weight Bearing – Toe touch with crutches PROM - 0-90° AROM - 0-90° Exercises: Continue Previous Overball/Sportcord Total Gym 25% BW max Leg press 25% BW max LAQ Hamstring Curls Heel Raises Multi-Hip Isotonics – Sidelying and Prone Stationary Bike Aqua Therapy for functional ROM, forward/retro walking, marching, lateral stepping	Weight Bearing – Transition to 100% PROM - Full AROM – Full Exercises: Continue Previous Leg Press DL → SL Balance/Proprioceptive Training Squats Wall Sits Front Step Ups Lateral Step Ups Step Downs Stairmaster Elliptical Treadmill	Exercises: Continue Previous Single Leg Squats Lunges Core Strengthening Balance & Reach Vectors	Continue Previous Assess light jogging Progress with plyometrics and sport specific drills. Refer to the Advanced ACL rehab protocol for ideas on exercises and progression Any Questions? Please contact: Northwoods Therapy Associates Altoona, WI Chippewa Falls, WI (715) 839-9266 (715) 723-5060 November 2023