



Radial/Root Meniscus Repair Postoperative Protocol

Date of Surgery: _____

Procedure(s) Performed: _____

	Weight bearing Status	Brace	Range of Motion	Recommended Therapeutic Exercises	PATIENT'S CHECKLIST
Week 1-6	No weight with brace locked in extension Continue crutches for 6 weeks	Yes (sleep with brace)	0-60 Degrees ONLY for 2 weeks Then 0-90 degrees only til week 6 Do not exceed 90 degrees	<ol style="list-style-type: none"> 1. Modalities as needed to decrease pain and swelling 2. Heel slides to increase flexion ROM, as needed 3. Isometric hip adduction 4. Quadriceps sets 5. Closed chain exercise 6. Toe raises 7. Hip adduction and abduction, as tolerated 8. Patella/Tendon mobilizations 	<input type="checkbox"/> Day 1: take off Ace-wrap <input type="checkbox"/> Take Aspirin 81mg as recommended daily for 30 days. <input type="checkbox"/> Focus on regaining FULL EXTENSION <input type="checkbox"/> Exercise 4x-6x daily and use Ice
Week 6-8	Full	Taper off	0-120+	<ol style="list-style-type: none"> 1. Continue ROM and strengthening exercises, as needed 2. Add step-downs/ups, lunges, and/or partial squats as tolerated 3. Add eccentric quadriceps and hamstring exercises 4. Increase resistance on stationary bicycle 	<input type="checkbox"/> Keep up with range of motion 0-90 by end of 2-3 week. <input type="checkbox"/> Do not exceed 90 degrees <input type="checkbox"/> Swelling AND/OR bruising may pool behind the knee, ankle, and foot (normal). IF you have persistent calf pain, call the office.
Week 8-16	Full	None	Full	<ol style="list-style-type: none"> 1. Above + 2. Step-up, lunges, squats, hamstring curls, and single leg squats. 3. Balance, strengthening, squats on board, cycling 	<input type="checkbox"/> Make appointment with physical therapy, START 14 days after surgery.
Week 16-36+	Full	None	Full	<ol style="list-style-type: none"> 1. Jogging, lateral movements 2. Plyometric exercises, 3. Ladder drills, swimming, quick feet, power skipping (Focus on Quality not Quantity)	Bring this sheet to your physical therapist