

NewportCare Medical Group

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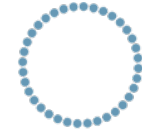
Sports Medicine

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NewportCare®

ARTHROSCOPIC MENISCAL ROOT REPAIR REHABILITATION PROTOCOL

	WEIGHT BEARING	BRACE	ROM	THERAPEUTIC EXERCISES
PHASE I 0 - 6 weeks	0-6 weeks strict non weight bearing	Full extension for ambulation	0-90° in brace	Heel slides, quad sets, straight leg raise Ankle stretching and strengthening Modalities PRN, edema control Avoid pivot, varus, valgus stress
PHASE II 6 - 12 weeks	Advance to full weight bearing as tolerated	DC with good quad control	Maintain full extension and progressive flexion to full	Progress to normal gait pattern, gastroc/soleus stretch, leg lifts with weight squats to 90°, leg press to 90°, step up/down
PHASE III 3 - 5 months	Full	Neoprene sleeve PRN	Gain full and pain-free	Advance closed chain strengthening, progress proprioception activities, begin running straight ahead at 16 weeks
PHASE IV 5 months and beyond	Full	Neoprene sleeve PRN	Full	Begin return to sports with participation as tolerated. Speed and agility training.