

# Meniscus Root



HOWARD HEAD  
SPORTS MEDICINE  
A service of Vail Health Hospital



Name: \_\_\_\_\_

DOB: \_\_\_\_\_

Dr: Godin

DOS: \_\_\_\_\_

## Weeks from surgery

### ROM RESTRICTIONS

0-90 x 2 weeks then FROM

### BRACE SETTINGS

T scope 0-0 x 6 weeks

### Weight Bearing status

NWB x 6 weeks

No open chain resisted hamstring x 16 wks

ROM & Muscle Initiation	1	2	3	4	5	6	7-8	9-14+	15-20+	21-26+	27-30+
Flexion/Extension - wall slides											
Flexion/Ext - seated/calf assisted											
Patella/Tendon mobilization											
Extension mobilization (no hyperext)											
Quad sets											
Hamstring sets											
Terminal knee extension, Straight leg raise (when no quad lag)											
Ankle pumps											
Bike with no resistance											
<b>Progress to Endurance: ROM &gt;125°, Quad set that terminally extends the knee</b>											
Muscular Endurance 3 x 15, 45s rest								9-14+			
Lateral band stepping											
Single leg leg press											
Squat progression											
RDL											
Tuck squat											
<b>Progress to strength: 15+ weeks &amp; Quad index &gt;70%, Y balance anterior reach &lt;8cm side to side difference</b>											
Muscular Strength 3 x 10 120s rest									15-20+		
Lateral band stepping											
Single leg leg press											
Hex bar squat											
Kettlebell deadlift											
Elevated split squat											
<b>Progress to power: 21+ weeks &amp; Quad index &gt;90%, Hamstring index &gt;90%, Y balance anterior reach &lt;4cm side to side difference</b>											
Muscular Power 3 x 6, 180s rest										21-26+	
Front squat											
Barbell deadlift											
Split jumps											
Sled drags											
<b>Progress to running: 27+ weeks &amp; Triple hop distance &gt;90% of unaffected side</b>											
Running, Speed & Agility											27-30+
Running progression											
Ladder footwork drills											
Forward & backward cone drills											
Lateral cone drills											
High Level Activities										21-26+	

