

Protocol:

Transosseous Meniscal Root Repair

<p>Weight bearing Progression</p>	<p style="text-align: right;">TTWB</p> <p>Weeks 0-6</p> <ul style="list-style-type: none"> • Brace- Total range of motion (TROM) locked in knee extension for 4-6 weeks <p>Weeks 7-12</p> <ul style="list-style-type: none"> • Progressive weightbearing (WB) with goal of full WB by 9 weeks • Closed kinetic Chain (CKC) WB knee flexion less than 40 degrees until weeks 9 • CKC WB knee flexion <70° until weeks 12 weeks <p>Week 12-20</p> <ul style="list-style-type: none"> • CKC WB knee flexion <90° until 20 weeks <p>Week 21+</p> <ul style="list-style-type: none"> • No deep squatting >90° of knee flexion until 6 months
<p>Meniscal loading</p>	<ul style="list-style-type: none"> • 4x more pressure at 90° than 0° • Significant pressure increase from 30° to 60° • Unlikely to stress roots in a safe CKC progression from 0° to 45° <p>Mueller et al 2016</p>
<p>Precautions</p>	<p>Weeks 0-6</p> <ul style="list-style-type: none"> • Knee in extension until 4 weeks, progressing 0-90 degrees by 6 weeks • No isometric hamstrings activity <p>Weeks 7-12</p> <ul style="list-style-type: none"> • Progressive PROM to full ROM, do not stress repair • Progressive submaximal hamstring isometrics • No isotonic isolated hamstring exercise
<p>Return to Jog</p>	<p>16 weeks pending MD approval</p> <p>Full, pain-free knee ROM, symmetrical with the uninvolved limb</p> <p>Pass Return to Run test</p>
<p>Return to Sport</p>	<p>6 months pending MD approval</p> <p>Pass Return to Sport Test</p>