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PATIENT NAME:

PROCEDURE:

DATE OF SURGERY:

PHYSICAL THERAPY ORDER – Meniscal Root Repair

Phase I: 0-6 weeks

- Edema and pain control
- Weight bearing status: NWB with brace locked in extension and crutches
- ROM:
 - o Weeks 0-4: 0-90 degrees
 - o Weeks 4-6: progress to flexion angles greater than 90 degrees
- Brace: locked in extension during ambulation and sleeping
- Exercises: heel slides, patellar mobs, gastroc/soleus stretch, calf pumps, straight leg raises

Phase II: 6-12 weeks

- Weight Bearing Status: as tolerated
- ROM: full active range of motion
- Brace: discontinue if patient has achieved full extension without lag
- Exercises: Phase I + toe raises, balance exercises, stationary bike, hip/glutes/core

Phase III: 12-16 weeks

- WB status: full
- ROM: full
- Brace: none
- Exercise: Phase II + close chain quads, hamstring curls, step-ups, front/side planks; progressive proprioception exercises; begin running straight ahead

Phase IV: 4-6 months

- WB status: full
- ROM: full
- Brace: none
- Exercise: Phase III + advance to open chain exercises, return to sports as tolerated