

Meniscus Root

Name: _____
 Dr: Doan

DOB: _____
 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											
Progress to Endurance: ROM >125°, Quad set that terminally extends the knee											
Muscular Endurance 3 x 15, 45s rest								9-14+			
Lateral band stepping											
Single leg leg press											
Squat progression											
RDL											
Tuck squat											
Progress to strength: 15+ weeks & Quad index >70%, Y balance anterior reach <8cm side to side difference											
Muscular Strength 3 x 10 120s rest									15-20+		
Lateral band stepping											
Single leg leg press											
Hex bar squat											
Kettlebell deadlift											
Elevated split squat											
Progress to power: 21+ weeks & Quad index >90%, Hamstring index >90%, Y balance anterior reach <4cm side to side difference											
Muscular Power 3 x 6, 180s rest										21-26+	
Front squat											
Barbell deadlift											
Split jumps											
Sled drags											
Progress to running: 27+ weeks & Triple hop distance >90% of unaffected side											
Running, Speed & Agility											27-30+
Running progression											
Ladder footwork drills											
Forward & backward cone drills											
Lateral cone drills											
High Level Activities										21-26+	
Golf, outdoor biking											
Clearance for other activities made by Dr Doan and based on different factors including passing the included progression criteria											

