

ADVANCED MENISCUS REPAIR: RADIAL, ROOT, HORIZONTAL CLEAVAGE TEAR CLINICAL PRACTICE GUIDELINE

Disclaimer

The following rehabilitation guidelines are specific to patients who have undergone an advanced meniscus repair of a radial, root or horizontal cleavage tear. Please refer to the Ohio States Sports Medicine website for rehabilitation guidelines specific to other procedures and conditions, as appropriate.

Progression is criterion-based and dependent on soft tissue healing, patient demographics, and clinical evaluation. The time frames identified for each phase of rehabilitation are approximate times for the average patient and not recommended as guidelines for progression for the individual patient. It is recommended that progression is based upon the achievement of functional criteria demonstrating readiness for progression, noted at the end of each phase.

Background

Meniscal root/radial tears present in a variety of forms, ranging from partial to complete avulsion. Root and radial tears can have a profound effect on the health of the articular cartilage of the knee with the potential for meniscal extrusion and accelerated arthritic degeneration if left untreated. Horizontal cleavage tears can result in advanced degeneration of the meniscus tissue and underlying cartilage, especially during high-impact activity. The listed clinical recommendations are a result of the complexity of the surgical technique.

The rehabilitation recommendations below are based upon the guidance of content experts, surgeons, and evidence-based practice. Progression through each phase, after precautions have been lifted, is based on the patient demonstrating readiness by achieving the listed functional criteria.



Summary of Recommendations

Precautions	<ul style="list-style-type: none"> WBing and bracing recommendations are based on tear morphology and intra-operative findings. Recommendations are below. However, ALWAYS refer to the operative note or contact the surgical team for clarification. For root/radial tears – no resisted isotonic hamstring strengthening x8 weeks Many of these patients will be encouraged to wear a medial unloader brace for the first 12 months post-op
Risk Factors	The patient should be monitored for signs and symptoms of DVT (see Red/Yellow Flag section)
Weight Bearing/Bracing	<p>Root Repair:</p> <ul style="list-style-type: none"> TROM immobilizer for first 10-14 days post-op NWBing x 4 weeks, with a goal of crutch discharge by 6 weeks <p>Radial Repair:</p> <ul style="list-style-type: none"> Typically NWBing x 4 weeks, with a goal of crutch discharge by 6 weeks WBing status and bracing are patient dependent – always refer to the operative note or contact the surgical team for clarification <p>Horizontal Cleavage Repair:</p> <ul style="list-style-type: none"> No brace NWBing x 2-4 weeks, crutches should be discharged no later than 6 weeks <p>Please refer to the “post-op plan” section of the operative note or contact the surgeon for clarification</p>
Range of Motion	<ul style="list-style-type: none"> Week 0-2: 0-90° Week 2-4: progress to full PROM Week 4+: full AROM <p><i>Symmetrical knee extension should be achieved by week 4. If not achieved by week 4, contact surgeon</i></p>
Outcome Tools	<p>Collect the LEFS at each visit</p> <p><i>You may choose to include IKDC, KOOS, ACL-RSI, Tegner or other questionnaires specific to your patient’s needs</i></p>
Hamstring Considerations	<p>Root/Radial Repairs: No resisted isotonic hamstring strengthening x8 weeks</p> <p><i>No hamstring precautions for horizontal cleavage repairs</i></p>
Functional Testing	<ul style="list-style-type: none"> Isometric Testing <ul style="list-style-type: none"> Root/Radial Repairs: 4 months Horizontal Cleavage Repairs: 3 months Isokinetic Testing <ul style="list-style-type: none"> Root/Radial Repairs: 6 months Horizontal Cleavage Repairs: 4 months Hop testing: <u>should not be performed prior to 6 months post-op</u> and is only appropriate after 80% symmetry is achieved on isokinetic testing <ul style="list-style-type: none"> SL hop for distance Triple hop Cross over hop Timed 6m hop <p><i>*Functional strength testing and hop testing should be reserved for patients returning to high level activity*</i></p>



THE OHIO STATE UNIVERSITY

WEXNER MEDICAL CENTER

For OSUWMC USE ONLY. To license, please contact the OSU Technology Commercialization Office at <https://tco.osu.edu>.

Criteria to Discharge Assistive Device	<ul style="list-style-type: none"> • ROM: Full active knee extension; no pain on passive overpressure • Strength: Able to perform strong quad isometric with full tetany and superior patellar glide and able to perform 2x10 SLR without quad lag • Effusion: 1+ or less is preferred (2+ acceptable if all other criteria are met) • Weight Bearing: Demonstrates pain-free ambulation without visible gait deviation
Criteria to D/C NMES	<ul style="list-style-type: none"> • <20% quad deficit on isometric testing • If Biodex not available: <ul style="list-style-type: none"> ○ 10 SLR without quad lag ○ Normal gait ○ 10 heel taps to 60° knee flexion with good quality ○ 10 rep max on leg press and similar effort bilaterally ○ Inability to break quad MMT (5/5)
Criteria to Initiate Running and Jumping	<ul style="list-style-type: none"> • ROM: full, pain-free knee ROM, symmetrical with the uninvolved limb • Strength: Isokinetic testing 80% or greater for hamstring and quad at 60°/sec and 300°/sec • Effusion: 1+ or less • Weight Bearing: normalized gait and jogging mechanics • Neuromuscular Control: Pain-free hopping in place
Criteria to Return to Sports Participation	<ul style="list-style-type: none"> • ROM: full, pain-free knee ROM, symmetrical with the uninvolved limb • Strength: Isokinetic testing 90% or greater for hamstring and quad at 60°/sec and 300°/sec • Effusion: No reactive effusion ≥ 1+ with sport-specific activity • Weight Bearing: normalized gait and jogging mechanics • Neuromuscular control: appropriate mechanics and force attenuation strategies with high level agility, plyometrics, and high impact movements • Functional Hop Testing: LSI 90% or greater for all tests • Physician Clearance
Return to Sport Expectation	6-12 months depending on type of repair, patient's goals and sports-specific demands

RED/YELLOW FLAGS

Red Flags <i>Require immediate referral for re-evaluation</i>	<ul style="list-style-type: none"> • Signs of DVT → <i>Refer directly to ED</i> <ul style="list-style-type: none"> ○ Localized tenderness along the distribution of deep venous system ○ Entire LE swelling ○ Calf swelling >3cm compared to asymptomatic limb ○ Pitting edema ○ Collateral superficial veins • Lack of full knee extension by 4 weeks post-op → <i>Refer to surgeon for re-evaluation</i> • Mechanical block or clunk → <i>Refer to surgeon for re-evaluation</i> • Reported episodes of instability → <i>Refer to surgeon for re-evaluation</i>
Yellow Flags <i>Require modifications to plan of care</i>	<ul style="list-style-type: none"> • Persistent reactive effusion or pain following therapy or ADLs <ul style="list-style-type: none"> ○ <i>Decrease intensity of rehab interventions, continue effusion management, educate patient regarding activity modifications until symptoms resolve</i>



Phase I: Protection (Post-Operative—6 weeks)

Goals	Protect repair, restore ROM, minimize effusion and pain while adhering to all post-operative precautions
Pain and Effusion	Effusion management strategies: cryotherapy and compression as appropriate
ROM	<ul style="list-style-type: none"> • Week 0-2: 0-90° • Week 2-4: progress to full PROM • Week 4+: full AROM <p><i>Symmetrical knee extension should be achieved by week 4. If not achieved by week 4, contact surgeon</i></p>
Weight Bearing	<p>Root Repair:</p> <ul style="list-style-type: none"> • TROM immobilizer for first 10-14 days post-op • NWBing x 4 weeks, with a goal of crutch discharge by 6 weeks <p>Radial Repair:</p> <ul style="list-style-type: none"> • Typically NWBing x 4 weeks, with a goal of crutch discharge by 6 weeks • WBing status and bracing are patient dependent – always refer to the operative note or contact the surgical team for clarification <p>Horizontal Cleavage Repair:</p> <ul style="list-style-type: none"> • No brace • NWBing x 2-4 weeks, crutches should be discharged no later than 6 weeks <p>Please refer to the “post-op plan” section of the operative note or contact the surgeon for clarification</p>
Suggested Interventions	<p><i>For root/radial tears – no resisted isotonic hamstring strengthening x8 weeks</i></p> <ul style="list-style-type: none"> • Ankle pumps • Quadriceps, hamstring and gluteal isometrics • Diaphragmatic breathing • Effusion management strategies (RICE) • <u>Extension ROM:</u> Seated towel stretch, bag hang (<i>Appendix A</i>) • <u>Flexion ROM:</u> Use PROM/AAROM techniques for first 4 weeks <ul style="list-style-type: none"> ◦ Heel slides, wall slides, upright cycling (starting week 2 for ROM only, ½ revolutions → full revolutions) • Strong emphasis on patellar mobilizations – all directions • Prone TKE • SLR-4 way <ul style="list-style-type: none"> ◦ Consider progression with progressing to seated, eyes closed, holds, pulses, ABCs • Gait training (as appropriate per WBing status and post-op precautions) • SAQ (unweighted) • LAQ <ul style="list-style-type: none"> ◦ Unweighted, through protected range, 90°-45° (weeks 0-4) ◦ Unweighted, through full range (weeks 4-6) • Clamshell • NMES • Once NWBing precaution is lifted: (patient dependent – refer to op-note or surgical team) <ul style="list-style-type: none"> ◦ Standing TKE (perform through phases of gait)



	<ul style="list-style-type: none"> ○ SLS – eyes open → eyes closed
NMES Parameters (Appendix B)	<ul style="list-style-type: none"> • NMES pads are placed on the proximal and distal quadriceps • Patient: Seated with the knee in at least 60° flexion, shank secured with strap and back support with thigh strap preferred. The ankle pad/belt should be two finger widths superior to the lateral malleoli • The patient is instructed to relax while the e-stim generates at least 50% of their max volitional quadriceps contraction OR maximal tolerable amperage without knee joint pain • 20 seconds on/ 50 seconds off x 15 min
Criteria to Discharge Assistive Device	<ul style="list-style-type: none"> • ROM: Full active knee extension; no pain on passive overpressure • Strength: Able to perform strong quad isometric with full tetany and superior patellar glide and able to perform 2x10 SLR without quad lag • Effusion: 1+ or less is preferred (2+ acceptable if all other criteria are met) • Weight Bearing: Demonstrates pain-free ambulation without visible gait deviation
Criteria to Progress to Early Loading Phase	<ul style="list-style-type: none"> • Pain-free knee flexion of >120 degrees • Pain-free and full passive knee extension • Proficient heel-to-toe gait without assistive device • Reduced and well-controlled post-operative pain and edema • Ability to perform a strong isometric quadriceps contraction (full tetany and superior patellar glide) and SLR without evidence of quad lag • Proficiency with home-exercise program

Phase II: Early Loading (7-9 Weeks)

Goals	Emphasis is placed on normalizing ROM, improving quadriceps/gluteal/core strength and safe progression towards functional loading
Pain and Effusion	Cryotherapy/compression as needed for reactive effusion
ROM	<p>Full and pain-free ROM</p> <p><i>Symmetrical knee extension should be achieved by week 4. If not achieved by week 4, contact surgeon</i></p>
Weight Bearing	FWBing with normalized gait pattern
Suggested Interventions	<p><i>For root/radial tears – no resisted isotonic hamstring strengthening x8 weeks</i> <i>Maintain CKC flexion <70° for all repair types</i></p> <ul style="list-style-type: none"> • Continue Phase I interventions and effusion management strategies • Multi-angle knee isometrics from 90-60 degrees • OKC Knee Extension (90-45° ROM) (week 7+) • Bridges • Side steps/monster walks • Progress SLS (compliant surfaces, dynamic movements) • Add lumbopelvic stability training (TrA progression, prone/side planks, ect) • Partial BW Shuttle Press (DL→SL) • Closed Chain exercises: mini-squats, wall sits, heel raises • Initiate resisted hamstring strengthening at 8+ weeks for root/radial tears <ul style="list-style-type: none"> • OKC hamstring strengthening (DL → SL) • SB HS curl progression



	<ul style="list-style-type: none"> Continue NMES
Criteria to Progress to Strengthening and Return to Function Phase	<ul style="list-style-type: none"> ROM: full and pain-free AROM and normalized patellofemoral mobility Effusion: <1+ Strength: Quadriceps set with normal superior patellar translation, SLR x10" without extensor lag WB: normalized gait, able to tolerate CKC therex program without increased pain or effusion

Phase III: Strengthening/Return to Function (10-15 Weeks)

Goals	<ul style="list-style-type: none"> Progress functional balance/NM control Progress LE strengthening Progress core stability
Pain and Effusion	Monitor reactive effusion as progressive loading is performed
ROM	Full ROM with no complaints of pain with end-range overpressure
Weight Bearing	FWB with normalized gait pattern
Suggested Interventions	<p><i>Maintain CKC flexion <70° for all repair types</i></p> <ul style="list-style-type: none"> Continue Phase I/II interventions and effusion management as appropriate Continue to progress balance and proprioception interventions per patient's tolerance BOSU squats (DL → SL) Heel Taps: starting at 2" step and progressing per patient's tolerance/ability Step Ups: starting at 4-6" step and progressing per patient's tolerance/ability Resisted OKC quadriceps strengthening through full ROM (monitor PF symptoms) Stationary lunges → walking lunges SL sit to stand, through protected ROM Core strengthening Conditioning (permitted at 12+ weeks) <ul style="list-style-type: none"> Elliptical Treadmill walking Freestyle swimming (no fins until week 16) Continue NMES until 80% symmetry is obtained (see criteria to discharge below)
Strength Testing	<ul style="list-style-type: none"> Isometric testing: <ul style="list-style-type: none"> Root/Radial Repairs: 16 weeks Horizontal Cleavage Repairs: 12 weeks
Criteria to Discharge NMES	<ul style="list-style-type: none"> <20% quad deficit on isometric testing OR if Biodex machine is not available: 10 SLR without quad lag Normal gait 10 heel taps to 60 deg knee flexion with good quality 10 rep max on Leg Press and similar effort bilaterally Inability to break quad MMT
Criteria to Progress to Return to Activity Phase	<ul style="list-style-type: none"> ROM: maintain full, pain free AROM Effusion: <1+ Strength: 80% LSI (isometric testing or alternative measure – see <i>Appendix D</i>) Weight Bearing: able to tolerate therapeutic exercise program without increased pain or >1+ effusion NM control: demonstrates proper lower extremity mechanics with all therapeutic exercises



Phase IV: Return to Activity (4 – 6 months)

Goals	Progress OKC interventions. Patients should continue skilled physical therapy to progress functional strengthening. Strength testing is performed to determine readiness to initiate Phase V (RTS).
Pain and Effusion	Monitor reactive effusion as progressive loading performed
ROM	Full ROM with no complaints of pain with end-range overpressure
Weight Bearing	FWB with normalized gait pattern
Strength Testing	<ul style="list-style-type: none"> • Isometric Testing <ul style="list-style-type: none"> ○ Root/Radial Repairs: 4 months ○ Horizontal Cleavage Repairs: 3 months • Isokinetic Testing <ul style="list-style-type: none"> ○ Root/Radial Repairs: 6 months ○ Horizontal Cleavage Repairs: 4 months • Hop testing: <i>should not be performed prior to 6 months post-op and is only appropriate after 80% symmetry is achieved on isokinetic testing</i> <ul style="list-style-type: none"> ○ SL hop for distance ○ Triple hop ○ Cross over hop ○ Timed 6m hop <p><i>*Functional strength testing and hop testing should be reserved for patients returning to high level activity*</i></p>
Suggested Interventions	<p><i>Maximum CKC flexion: 90° for all repair types</i></p> <p>Performance of the quadriceps, hamstrings and trunk dynamic stability</p> <ul style="list-style-type: none"> • SL squats, SL sit to stand, progress resistance on leg extension/leg curl/leg press machine, RDLs, lunges (multi-direction), crunches, rotational trunk exercises on static and dynamic surfaces, monster walks • Single-leg squats on BOSU with manual perturbation to trunk or legs, Single-leg BOSU balance with perturbation/dynamic movement, single-leg BOSU Romanian deadlift <p>Once strength criteria have been met, perform the following progression:</p> <ul style="list-style-type: none"> • PBW jumping on the shuttle (DL → SL) • Full body weight jumping progression • Walk-jog program
Criteria to Initiate Running and Jumping <i>4+ months for HCT</i> <i>6+ months for Root/Radial</i>	<ul style="list-style-type: none"> • ROM: full, pain-free knee ROM, symmetrical with the uninvolved limb • Strength: Isokinetic testing 80% or greater for hamstring and quad at 60°/sec and 300°/sec • Effusion: 1+ or less • Weight Bearing: normalized gait and jogging mechanics • Neuromuscular Control: Pain-free hopping in place
Criteria to Progress to Return to Sport Phase	<ul style="list-style-type: none"> • Quadriceps and hamstring symmetry of 80% or greater • Ability to tolerate walking distances of 3 miles or greater without reactive pain or effusion • Ability to effectively negotiate uneven ground, including soft sand, without reactive pain or effusion



THE OHIO STATE UNIVERSITY

WEXNER MEDICAL CENTER

For OSUWMC USE ONLY. To license, please contact the OSU Technology Commercialization Office at <https://tco.osu.edu>.

- Ability to return to pre-operative low-impact recreational activities, including cycling, elliptical and weight training

Phase V: Return to Sport (6 months - RTS)

Goals	The patient is able to resume all normal functionality and will continue to progress towards return to sport
Pain and Effusion	Monitor reactive effusion as progressive loading performed
ROM	Full ROM with no complaints of pain during end-range overpressure
Weight Bearing	FWB with normalized gait pattern
Strength Testing	<ul style="list-style-type: none"> • Isometric Testing <ul style="list-style-type: none"> ○ Root/Radial Repairs: 4 months ○ Horizontal Cleavage Repairs: 3 months • Isokinetic Testing <ul style="list-style-type: none"> ○ Root/Radial Repairs: 6 months ○ Horizontal Cleavage Repairs: 4 months • Hop testing: <i>should not be performed prior to 6 months post-op and is only appropriate after 80% symmetry is achieved on isokinetic testing</i> <ul style="list-style-type: none"> ○ SL hop for distance ○ Triple hop ○ Cross over hop ○ Timed 6m hop <p><i>*Functional strength testing and hop testing should be reserved for patients returning to high level activity*</i></p>
Suggested Interventions	<p><i>No deep squatting (>90°) for 6+ months</i></p> <p>Continue progressive strength training per previous phases</p> <p><u>Agility</u></p> <ul style="list-style-type: none"> • Begin agility exercises between 50-75% effort (utilize visual feedback to improve mechanics as needed) • Advance plyometrics: Bilateral to single leg, progress by altering surfaces, adding ball toss, 3D rotations, etc. • Side shuffling, Carioca, Figure 8, Zig-zags, Resisted jogging (Sports Cord) in straight planes, backpedaling <p><u>Plyometrics</u></p> <ul style="list-style-type: none"> • Single-leg hop downs from increasing height (up to 12" box), Single-leg hop-holds, Double and single-leg hopping onto unstable surface, Double and single-leg jump turns, Repeated tuck jumps <p><u>Sport and position specific training</u></p>
Criteria for Return to Sport	<ul style="list-style-type: none"> • ROM: full, pain free knee ROM, symmetrical with the uninvolved limb • Strength: Isokinetic testing 90% or greater for hamstring and quad at 60°/sec and 300°/sec • Effusion: No reactive effusion ≥ 1+ with sport-specific activity • Weight Bearing: normalized gait and jogging mechanics • Neuromuscular Control: appropriate mechanics and force attenuation strategies with high level agility, plyometrics, and high impact movements • Functional Hop Testing: LSI 90% or greater for all tests • Physician Clearance



THE OHIO STATE UNIVERSITY

WEXNER MEDICAL CENTER

For OSUWMC USE ONLY. To license, please contact the OSU Technology Commercialization Office at <https://tco.osu.edu>.



THE OHIO STATE UNIVERSITY
WEXNER MEDICAL CENTER

For OSUWMC USE ONLY. To license, please
contact the OSU Technology Commercialization
Office at <https://tco.osu.edu>.

Appendix A: Bag Hang

Emphasis on low load, long duration stretching

- Goal: 60 minutes of bag hang time total per day.
- Ideally: 4x15 minutes (or greater) per day



Appendix B: NMES Set Up

2 or 4 pad set-up is appropriate

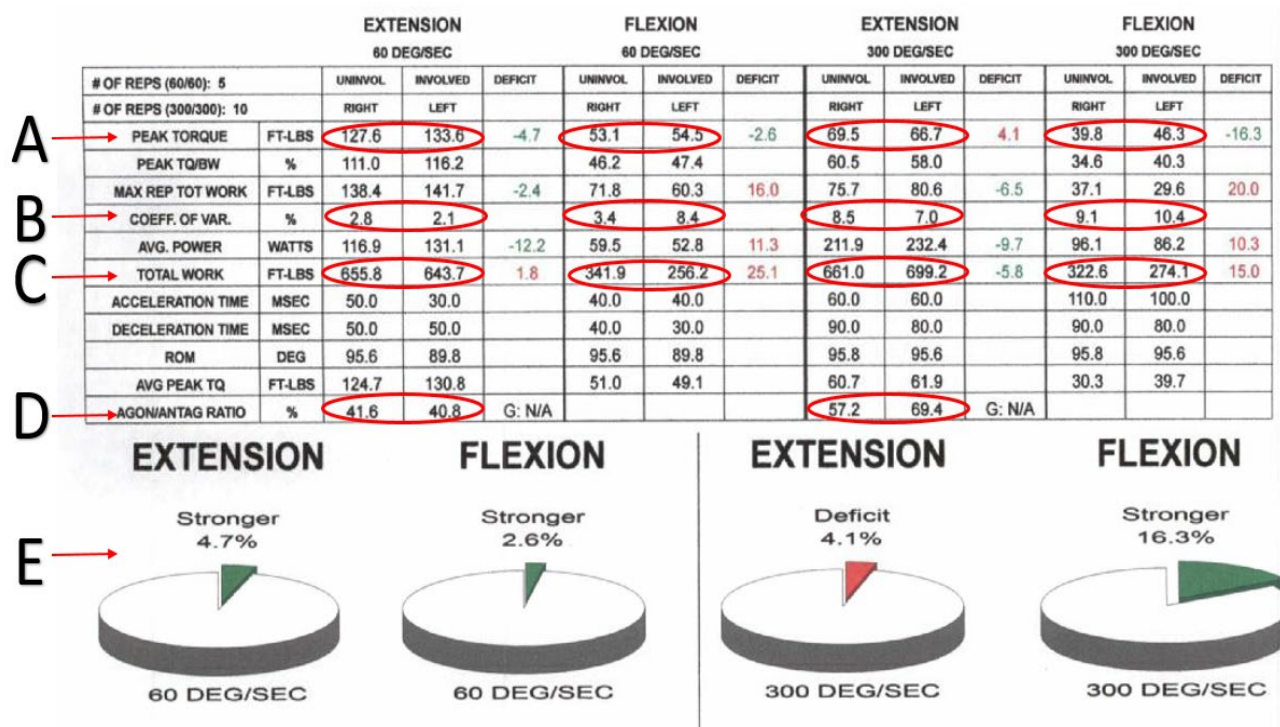
- NMES pads are placed on the proximal and distal quadriceps
- Patient: Seated with the knee in at least 60° flexion, shank secured with strap and back support with thigh strap preferred. The ankle pad/belt should be two finger widths superior to the lateral malleoli
- The patient is instructed to relax while the e-stim generates at least 50% of their max volitional contraction against a fixed resistance OR maximal tolerable amperage without knee joint pain
- 10-20 seconds on/ 50 seconds off x 15 min



THE OHIO STATE UNIVERSITY
WEXNER MEDICAL CENTER

For OSUWMC USE ONLY. To license, please contact the OSU Technology Commercialization Office at <https://tco.osu.edu>.

Appendix C: Isokinetic Data Interpretation








		Definition	Clinical Impact	What to do
A	Peak Torque (ft-lbs)	Peak torque during repetitions	Symmetry criteria (see 'E'- this is the data represented in pie charts)	If <80%; continue unilateral, high resistance strength training
B	Coefficient of Variance (%)	Between repetition variability	Goal: < 15%	If >15%, consider retest
C	Total Work (ft-lbs)	Torque over all repetitions	Possible indicator of fatigue	If >10%; consider high volume training
D	Agonist/Antagonist Ratio (%)	Hamstring/Quadriceps Ratio	Goal: >60%	<60%; ensure 1:1 quadriceps:hamstring exercise ratio
E	Limb Symmetry Pie Charts	Strength relative to involved limb	Goal: <10% asymmetry (either direction- deficit OR stronger on involved limb)	If <80%, continue NMES in addition to strength training If <90%, continue unilateral > bilateral strength training emphasis



Appendix D: Isokinetic Testing and Appropriate Alternatives

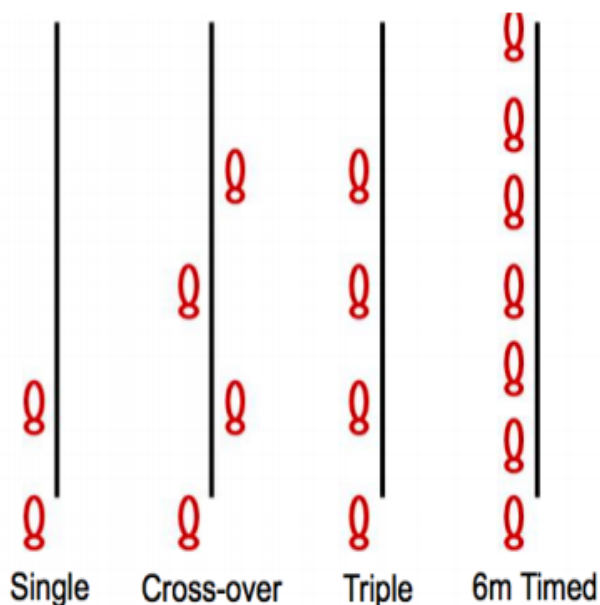
Sinacore, J. A., Evans, A. M., Lynch, B. N., Joreitz, R. E., Irrgang, J. J., & Lynch, A. D. (2017). Diagnostic accuracy of handheld dynamometry and 1-repetition-maximum tests for identifying meaningful quadriceps strength asymmetries. *Journal of orthopaedic & sports physical therapy*, 47(2), 97-107.

Isokinetic Dynamometry		<ul style="list-style-type: none"> • Considered the “gold standard” • 60°/sec for strength and power assessment • 300°/second for speed and endurance assessment
Hand Held Dynamometry with Static Fixation at 90°		<ul style="list-style-type: none"> • Appropriate alternative • Results may overestimate quadriceps strength symmetry: be cautious with data interpretation
SL 1RM Knee Extension Machine: 90° - 45°		<ul style="list-style-type: none"> • Appropriate alternative • Recommended to decrease stress on PF joint and limit strain on reconstructed ACL for up to 6 months • Results may overestimate quadriceps strength symmetry: be cautious with data interpretation
SL 1RM Leg Press		<ul style="list-style-type: none"> • Fair alternative • Results in significant overestimation of quadriceps strength symmetry due to compensation from other LE muscle groups
SL 1RM Knee Extension Machine: 90° - 0°		<ul style="list-style-type: none"> • Fair alternative • May be uncomfortable and/or inappropriate due to PF stress



Appendix E: Single Leg Hop Series

- 1) **Single hop for distance:** Have the subject line their heel up with the zero mark of the tape measure, wearing athletic shoes. The subject then hops as far as he/she can, landing on the same push off leg, for at least 3 seconds. The arms are allowed to move freely during the testing. Allow him/her to perform 2 practice hops on each leg. Then, have the subject perform 2 testing trial, recording each distance from the starting point to the back of the heel. Average the distanced hopped for each limb. The Limb Symmetry Index: $\text{Involved limb distance} / \text{Uninvolved limb distance} \times 100\%$.
- 2) **Cross-over hop for distance:** The subject lines their heel up with the zero mark of the tape measure and hops 3 times on one foot, crossing fully over the center line each time. Each subject should hop as far forward as he/she can on each hop, but only the total distance hopped is recorded. The arms are allowed to move freely during the testing. Allow him/her to perform 2 practice hops on each leg. Then, have the subject perform 2 testing trial, recording each distance from the starting point to the back of the heel. Average the distanced hopped for each limb. The Limb Symmetry Index: $\text{Involved limb distance} / \text{Uninvolved limb distance} \times 100\%$.
- 3) **Triple hop for distance:** The subject lines their heel up with the zero mark of the tape measure and hops 3 times on one foot. Each subject should hop as far forward as he/she can on each hop, but only the total distance hopped is recorded. The arms are allowed to move freely during the testing. Allow him/her to perform 2 practice hops on each leg. Then, have the subject perform 2 testing trial, recording each distance from the starting point to the back of the heel. Average the distanced hopped for each limb. The Limb Symmetry Index: $\text{Involved limb distance} / \text{Uninvolved limb distance} \times 100\%$.
- 4) **Timed 6-meter hop:** The subject lines their heel up at the zero mark of the tape measure and hops, on cue with the tester, as fast as they can the length of the 6-meter tape. The arms are allowed to move freely during the testing. Allow him/her to perform 2 practice hops on each leg. Then, have the subject perform 2 testing trial, recording each distance from the starting point to the back of the heel. Average the distanced hopped for each limb. The Limb Symmetry Index: $\text{Involved limb time} / \text{Uninvolved limb time} \times 100\%$.



Author: Caroline Brunst, PT, DPT, SCS, OCS, AT

Reviewers: Robert Duerr, MD; Robert Magnussen, MD; David Flanigan, MD; Christopher Kaeding, MD

Updated: April 2020

References

1. Arno S, Bell CP, Uquillas C, Borukhov I, Walker PS. "Tibiofemoral Contact Mechanics Following a Horizontal Cleavage Lesion in the Posterior Horn of the Medial Meniscus." *J Orthop Res*. 2015; 33(4): 584-590.
2. Becker R, Wirz D, Wolf C, Göpfert B, Nebelung W, Friederich N. "Measurement of meniscomfemoral contact pressure after repair of bucket-handle tears with biodegradable implants." *Arch Orthop Trauma Surg*. 2005;125:254-260. <http://dx.doi.org/10.1007/s00402-004-0739-5>.
3. Bhatia S, LaPrade CM, Ellman MB, LaPrade RF. "Meniscal Root Tears: Significance, Diagnosis and Treatment." *Am J Sports Med*. 2014; 42(12): 3016-3030.
4. Chung KS, Ha JK, Ra HJ, Kim JG. "A Meta-Analysis of Clinical and Radiographic Outcomes of Posterior Horn Medial Meniscus Root Repairs." *Knee Surg sports Traumatol Arthrosc*. 2016; 24: 1455-1468.
5. Frizziero A, Ferrari R, Giannotti E, Ferroni C, Poli P, Masiero S. "The meniscus tear: state of the art of rehabilitation protocols related to surgical procedures." *Muscles, Ligaments and Tendons Journal*. 2012;2(4):295-301.
6. Kurzweil PR, Lynch NM, Coleman S, Kearney B. "Repair of Horizontal Meniscus Tears: A Systematic Review." *Arthroscopy*. 2014; 30(11): 1513-1519.
7. LaPrade CM, et al. "Meniscal Root Tears: A Classification System Based on Tear Morphology." *Am J Sports Med*. 2015; 43(2): 363-369.
8. LaPrade CM, et al. "Biomechanical Consequences of a Nonanatomic Posterior Medial Meniscus Root Repair." *Am J Sports Med*. 2015; 43(4): 912-920.
9. Lavender CD, Hanzlik SR, Caldwell PE, Pearson SE. "Transosseous Medial Meniscal Root Repair Using a Modified Mason-Allen Suture Configuration." *Arthroscopy Techniques*. 2015; 4(6): e781-e784.
10. Mueller BT, Moulton SG, O'Brien L, LaPrade RF. "Rehabilitation Following Meniscal Root Repair: A Clinical Commentary." *J Orthop Sports Phys Ther*. 2016; Feb;46(2):104-13.
11. Chimera NJ, Warren M. Use of clinical movement screening tests to predict injury in sport. *World Journal of Orthopedics*. 2016; 7(4):202-217
12. Myer GD, Schmitt LC, Brent JL, et al. Utilization of Modified NFL Combine Testing to Identify Functional Deficits in Athletes Following ACL Reconstruction. *The Journal of orthopedic and sports physical therapy*. 2011;41(6):377-387
13. Garrison JC, Shanley E, Thigpen C, et al. The reliability of the Vail Sport Test as a measure of physical performance following anterior cruciate ligament reconstruction. *Int J Sports Phys Ther*. 2012; 7(1):20-30.



THE OHIO STATE UNIVERSITY

WEXNER MEDICAL CENTER

For OSUWMC USE ONLY. To license, please
contact the OSU Technology Commercialization
Office at <https://tco.osu.edu>.