



## Meniscal Root Repair Rehab Protocol

### Phase 1 (0-4 Weeks)

**Weightbearing Status:**

Toe touch weight bearing with brace locked (if given) and crutches.\*

**Brace:**

Locked in full extension for sleeping and all activity. Off for exercises and hygiene.

**Range of Motion:**

0-90 degrees when non-weight bearing

**Exercises:**

Heel slides, Quad sets, Patellar mobs, SLR, SAQ

### Phase 2 (4-8 Weeks)

**Weightbearing Status:**

- 4-6 Weeks: 50% Partial weightbearing with crutches and braces unlocked
- 6-8 Weeks: Progress to full weightbearing and wean out of the brace

**Brace:**

- Unlocked at week 4
- Discontinue at week 6

**Range of Motion:**

As tolerated

**Exercises:**

- Addition of heel raises, total gym (closed chain), terminal knee extensions
- Activities with brace until 6 weeks; then without brace as tolerated
- No weightbearing with flexion >90 degrees

### Phase 3 (8-12 Weeks)

**Weightbearing Status:**

FULL

**Brace:**

NONE

**Range of Motion:**

FULL



**Exercises:**

- No weightbearing with flexion >90 degrees
- Progress closed chain activities
- Begin hamstring work, lunges/leg press 0-90 degrees, proprioception exercises, balance/core/hip/glutes
- Begin stationary bike

**Phase 4 (12-20 Weeks)**

**Weightbearing Status:**

FULL

**Brace:**

NONE

**Range of Motion:**

FULL

**Exercises:**

- Progress Phase 3 exercises and functional activities: single leg balance, core, glutes, eccentric hamstrings, elliptical, and bike
- Swimming okay at 14 weeks (flutter kick)
- Jog to run progression at 4 months

**Phase 5 (20+ Weeks)**

**Weightbearing Status:**

FULL

**Brace:**

NONE

**Range of Motion:**

FULL

**Exercises:**

- Progress agility and plyometrics
- Advance to sport-specific drills and jumping once cleared by MD

***Brace may not be utilized in all patients. Please refer to patient's script for detailed instructions.***

***Weightbearing status and motion may vary depending on nature of meniscus repair. Please refer to specific PT Rx provided to patient for confirmation of weightbearing status.***

***Avoid any tibial rotation for 8 weeks to protect meniscus.***