

MENISCUS ROOT REPAIR REHAB PROTOCOL

	WEIGHT	BRACE	ROM	EXERCISES
PHASE I 0-4 weeks	TTWB with brace locked (if given) and crutches *	Locked in full extension for sleeping and all activity Off for exercises and hygiene	0-90° when non- weight bearing*	Heel slides, quad sets, patellar mobs, SLR, SAQ**
PHASE II 4-8 weeks	4-6 week: 50% PWB with crutches and brace unlocked* 6-8 week: progress to FWB and wean out of brace	Unlocked at week 4; discontinue at week 6	As tolerated	Addition of heel raises, total gym (closed chain), terminal knee extensions** Activities w/ brace until 6 weeks; then w/o brace as tolerated No weight bearing with flexion >90°
PHASE III 8-12 weeks	Full	None	Full	No weight bearing with flexion >90° Progress closed chain activities Begin hamstring work, lunges/leg press 0-90°, proprioception exercises, balance/core/hip/glutes Begin stationary bike
PHASE IV 12-20 weeks	Full	None	Full	Progress Phase III exercises and functional activities: single leg balance, core, glutes, eccentric hamstrings, elliptical, and bike Swimming okay at 14 wks (flutter kick) Jog to run progression at 4 months
PHASE V > 20 weeks	Full	None	Full	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.
- Weight bearing status and motion may vary depending on nature of meniscus repair. Please refer to specific PT Rx provided to patient for confirmation of WB status
- Avoid any tibial rotation for 8 weeks to protect meniscus