MENISCUS ROOT REPAIR
REHABILITATION PROTOCOL

	WEIGHT BEARING	BRACE	ROM	EXERCISES
PHASE I 0-2 weeks	Heel touch weightbearing with 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, calf pumps, SLR **No weight bearing with flexion >90**
PHASE II 2-10 weeks	**2-6 weeks:** Heel touch WB with crutches **6-8 weeks**: Progress to full WB	**2-8 weeks:** Brace worn daytime only, unlocked 0-90° Discontinue brace by 8-9 weeks when comfortable WB *Wear unloader at 6 wks if prescribed	As tolerated, caution with flexion >90° to protect meniscus	**2-6weeks:** PROM/AAROM to tolerance, patella and tibiofibular joint mobs, quad, hamstring, and glute sets, side-lying hip and core **6-8 weeks:** Addition of heel raises, closed chain exercises, gait normalization, eccentric quads, eccentric hamstrings; advance core, glutes and pelvic stability **No weight bearing with flexion >90°**
PHASE III 10-12 weeks	Full	None	Full, caution with flexion >90° to protect meniscus	Progress closed chain activities Begin unilateral stance activities, balance training, hamstring work, hip/core/glutes, lunges/leg press 0-90°
PHASE IV 12-16 weeks	Full	None	Full	Advance Phase II exercises; maximize core/glutes, pelvic stability work, eccentric hamstrings, balance Begin stationary bike at 12 weeks with low resistance Swimming as tolerated after 12 weeks
PHASE V > 16 weeks	Full	None	Full	Advance to sport-specific drills and running/jumping once cleared by MD Start elliptical after 16 weeks

*Brace may be removed for sleeping after first post-operative visit (day 7-10)

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

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