

Rehabilitation Protocol: Meniscal Root Repair

Phase I: **0-4 weeks**

- Brace: Locked at 0 degrees extension for ambulation 0-6 wks & sleeping x2 wks
- ROM: Active/Passive ROM 0-90, emphasis on extension
- Weightbearing: NWB in brace in extension in crutches until 6 wks postop
- Exercises:
 - Patella mobilization
 - Straight leg raise supine with brace locked at 0 degrees
 - Quad sets
 - Heel slides
 - Ankle pumps

Phase II: **4-6 weeks**

- Brace: Locked at 0 degrees extension for ambulation 0-6 wks, otherwise unlocked
- ROM: Gradual progression of ROM until full
- Weightbearing: NWB in brace in extension in crutches until 6 wks postop
- Exercises:
 - Patella mobilization
 - Straight leg raise supine with brace locked at 0 degrees
 - Quad sets
 - Heel slides
 - Ankle pumps

Phase III: **6-8 weeks**

- Brace: Discontinue hinge knee brace when quad strength adequate, transition to unloader brace
- ROM: full
- Weightbearing: transition to PWB then d/c crutches when gait normalized; WBAT in unloader brace
- Exercises:
 - Wall sits to 90 degrees
 - No weightbearing with knee flexion past 90 degrees

Phase IV: **8-12 weeks**

- Brace: unloader brace during activity until 6 months postop
- ROM: full
- Weightbearing: WBAT in unloader brace
- Exercises:
 - Progress with closed chain exercises
 - Lunges from 0-90 degrees
 - Leg press 0-90 degrees
 - Proprioception exercises
 - Begin stationary bike

Phase V: **12-16+ weeks**

- Brace: unloader brace during activity until 6 months postop
- ROM: full

- Weightbearing: WBAT in unloader brace
- Exercises:
 - Progress strengthening exercises
 - Single leg strengthening
 - Begin jogging and progress to running
 - Sports specific exercise

Return to sport guided by MD clearance, typically ~6 months postop