

Meniscus Root Repair Protocol

	Phase I: weeks 0-4	Phase II: 5-6 weeks
Weight-Bearing and Immobilization	<ul style="list-style-type: none"> • NWB (TTWB as needed for balance) with brace locked in full extension • Brace locked in full extension while ambulating and sleeping. Brace may be unlocked for non-weight-bearing PT exercises. Brace may be removed for hygiene only. 	<ul style="list-style-type: none"> • Progress to partial weight-bearing (~20 lbs.) from 0-90° only • Brace 0-90°. • Brace may be removed for hygiene only.
Aerobic	<ul style="list-style-type: none"> • None 	<ul style="list-style-type: none"> • None
Range of Motion (ROM) and Strengthening	<ul style="list-style-type: none"> • Progress from PROM to AAROM to AROM as tolerated without restriction (non-weight-bearing) • Emphasis on full-extension • Heel Slides • Isometric quad sets • Patellar mobilization • Straight-leg raises (with brace until able to do SLR without extension lag) • Ankle pumps 	<ul style="list-style-type: none"> • Continue exercises from Phase I • Unrestricted ROM however to partial-weight bearing past 90°
Other	<ul style="list-style-type: none"> • Modalities as needed to reduce swelling and improve muscle recruitment • Home Exercise Program (HEP) per discretion of Physical Therapist 	
Goals	<ul style="list-style-type: none"> • Pain control • Protection of tissue healing • Minimize joint stiffness 	<ul style="list-style-type: none"> • Progress ROM • Begin weight-bearing

	Phase III: weeks 7-12	Phase IV: 13-16 weeks	Phase V: >16 weeks
Weight-Bearing and Immobilization	<ul style="list-style-type: none"> Discontinue brace when no extension lag, excellent quadriceps control, and quadriceps strength adequate for stable ambulation Progress to WBAT in 0-90° but no weight bearing past 90° 	<ul style="list-style-type: none"> WBAT 	
Aerobic	<ul style="list-style-type: none"> Stationary bike (low resistance) 	<ul style="list-style-type: none"> Stationary bike (increase duration and resistance as tolerated) 	<ul style="list-style-type: none"> Begin walk-jog-run progression Elliptical machine
Range of Motion (ROM) and Strengthening	<ul style="list-style-type: none"> Continue exercises from Phase II Closed-chain knee extension Heel raises Weight-bearing gastrocnemius/soleus stretch Begin step-up program (0-90° only) Lunges Mini-squats Weight-shifts Hip and core exercises Proprioceptive training 	<ul style="list-style-type: none"> Continue exercises from Phase III Unrestricted ROM even with weight-bearing Progress closed chain strengthening Progress squat program Begin step-down program Begin leg-press (body weight only) 	<ul style="list-style-type: none"> Continue exercises from Phase IV Progress strength exercises Begin plyometrics Progress to sport-specific drills as tolerated Gradual return to athletics as tolerated
Other	<ul style="list-style-type: none"> Modalities as needed to reduce swelling and for muscle re-education Home Exercise Program (HEP) per discretion of Physical Therapist 		
Goals	<ul style="list-style-type: none"> Begin proprioceptive training Begin early strengthening program 	<ul style="list-style-type: none"> Progress strengthening 	<ul style="list-style-type: none"> Progress activity as tolerated