

Meniscus Root Repair Protocol

Phase I – Weeks 0 to 4:

- TDWB in brace in extension with crutches
- Brace in extension for sleeping 0-2 weeks
- Active/passive ROM 0-90°
- Quad sets, SLR, heel slides
- Patellar Mobilization

Phase II – Weeks 4 to 6:

- Advance to FWBAT
- May unlock brace
- Progress with ROM until full
- No weight bearing with knee flexion past 90°

Phase III – Weeks 6 to 8:

- WBAT with brace unlocked
- Discontinue brace when quad strength is adequate (typically around 6 weeks)
- Discontinue crutches when gait normalized
- Wall sits to 90°

Phase IV – Week 8 to 12:

- WBAT without brace
- Full ROM
- Progress with closed chain exercises
- Lunges from 0-90°
- Leg press 0-90°
- Proprioception exercises
- Begin stationary bike

Phase V – Weeks 12 to 16:

- Progress strengthening exercises
- Single leg strengthening
- Begin jogging and progress to running
- Sports specific exercise