

## MENISCUS ROOT REPAIR REHAB PROTOCOL

	<b>WEIGHT</b>	<b>BRACE</b>	<b>ROM</b>	<b>EXERCISES</b>
<b>PHASE I 0-4 weeks</b>	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**
<b>PHASE II 4-8 weeks</b>	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  <b>No weight bearing with flexion &gt;90°</b>
<b>PHASE III 8-12 weeks</b>	Full	None	Full	<b>No weight bearing with flexion &gt;90°</b>  Progress closed chain activities  Begin hamstring work, lunges/leg press 0-90°, proprioception exercises, balance/core/hip/glutes  Begin stationary bike
<b>PHASE IV 12-20 weeks</b>	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
<b>PHASE V &gt; 20 weeks</b>	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