

## **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