

Rehabilitation Protocol for Meniscus Root Repair



Dr. Feinstein

	WEIGHT BEARING	BRACE	ROM	EXERCISES
PHASE I 0-4 WEEKS	Toe touch WB with brace locked (if given) & crutches*	<ul style="list-style-type: none"> • Locked in full extension for sleeping and all activity • Off for exercises and hygiene 	<ul style="list-style-type: none"> • 0-90° when NWB* • STRESS FULL EXTENSION 	<ul style="list-style-type: none"> • Heel slides, quad sets, patellar mobs, SLR, SAQ* • No weight bearing with flexion >90°
PHASE II 4-8 WEEKS	<ul style="list-style-type: none"> • 4-6 weeks: 50% partial WB with crutches & brace unlocked • 6-8 weeks: Progress to full WB, wean out of brace 	<ul style="list-style-type: none"> • Unlocked • Discontinue at 6 weeks 	As tolerated	<ul style="list-style-type: none"> • Addition of heel raises, total gym (closed chain), terminal knee extensions* • Activities w/ brace until 6 weeks; then w/o brace as tolerated • No weight bearing with flexion >90°
PHASE III 8-12 WEEKS	Full	None	Full	<ul style="list-style-type: none"> • No weight bearing with flexion >90° • Progress closed chain activities • Begin hamstring work, lunges/leg press 0-90°, proprioception exercises, balance/core/hip/glutes • Begin stationary bike
PHASE IV 3-5 MONTHS	Full	None	Full	<ul style="list-style-type: none"> • 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
PHASE V > 5 MONTHS	Full	None	Full	<ul style="list-style-type: none"> • Progress agility and plyometrics • Advance to sport-specific drills and jumping once cleared by MD

- Brace may not be utilized in all patients.
- WB status and motion may vary depending on nature of meniscus repair. Any changes to above will be noted.
- Avoid any tibial rotation for 8 weeks to protect meniscus.

*If you have any problems or questions,
please call your doctor's office (8am-5pm).
Answering service for after hours.*

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