

Post-operative Rehabilitation Protocol

Meniscus Root Repair

General Guidelines	<ul style="list-style-type: none"> - Physical therapy should begin 10-14 days after surgery - You will be non-weight bearing with crutches or walker for minimum 4 weeks after surgery - Rest, ice, compression, elevation recommended for first 48 hours - No deep (>90°) knee flexion for 6 months - Avoid resisted hamstring exercises for >8 weeks - You will wear unloader brace for 12 months following surgery *Note – This should be measured PRIOR to surgery - Contact therapist or physician with any questions/concerns 		
	Range of Motion	Brace	Exercises
Phase 1 – Early protection <i>Weeks 0 - 4</i>	Okay for passive and active ROM 0 – 90° <i>Ice:</i> 20 minutes on, 20 minutes off every hour	0-2 wks: Locked in extension full time and for sleeping 2-4 wks: Brace unlocked	<u>NON Weight bearing</u> <i>Exercises:</i> straight leg raises with brace locked in extension, quad sets, patellar mobilizations, heel slides
Phase 2 – Transition <i>Weeks 4 - 6</i>	Progress to full ROM	Transition into Unloader brace	Begin 50% Weight bearing in Unloader brace <i>Exercises:</i> Continue phase 1.
Phase 3 – Early Loading <i>Weeks 6 - 12</i>	Goal: Full, pain-free ROM No loading >90° knee flexion	Unloader	<i>Exercises:</i> Once normalized gait → begin balance exercises, lunges 0-90°, leg press 0-90°, wall sits to 90° Begin stationary bike at 8 weeks
Phase 4 – Strength <i>Weeks 12 - 16</i>	Full, pain-free ROM No loading >90° knee flexion	Unloader	<i>Exercises:</i> Progress strengthening. Begin single leg strengthening. Build walking endurance
Phase 5 – Resume activities <i>Weeks 16+</i>	Full, pain-free ROM	Unloader for minimum 6 months	