

MENISCUS ROOT AND RADIAL REPAIR
PHYSICAL THERAPY PROTOCOL

Recommend 2-3x/week for 8 weeks
Please contact office for renewal as needed

Weeks 0-6	<ul style="list-style-type: none"> • NWB with brace in full extension when ambulating and sleeping • PROM→AAROM→AROM progress as tolerated to 90 degrees of flexion (non-weight bearing – brace will be set 0-90 degrees) • Heel slides, quad sets, patellar mobilization, ankle pumps • Straight leg raises (without brace when able to SLR without extension lag)
Weeks 6-12	<ul style="list-style-type: none"> • D/c brace when quad strength adequate for ambulation and no extension lag • Begin 25% weight bearing increase by 25% every 5 days until full weight bearing by 8-9 weeks; d/c crutches when gait normalizes • Weight bearing in 0-90° flexion only; no weight bearing past 90° flexion • Closed chain knee extension, stationary bike, weight bearing gastroc/soleus stretch • Lunges, mini-squats, weight shifts, initiate step down program (all 0-90° only) • Proprioceptive training, stationary bike use
Weeks 12-16	<ul style="list-style-type: none"> • Unrestricted ROM even with weight bearing • Advance closed chain strengthening and bike exercises • Progressive squat program; initiate step down program • Leg press (start initially with body weight only)
Weeks 16+	<ul style="list-style-type: none"> • Begin plyometrics and sports-specific drills, jogging, running • Gradual return to athletic activity as tolerated • Maintenance program