



## MENISCUS ROOT REPAIR PROTOCOL

Name: \_\_\_\_\_

Diagnosis: \_\_\_\_\_

Date of Surgery: \_\_\_\_\_

Frequency: 1 2 3 4 times / week      Duration: 1 2 3 4 5 6 Weeks

\_\_\_\_ Weeks 0-4:

- NWB/TTWB with brace in full extension when ambulating and sleeping
  - Remove for hygiene and PT
- PROM→AAROM→AROM progress as tolerated without restriction (non weight bearing)
- Heel slides, quad sets, patellar mobs, ankle pumps
- Straight leg raises (without brace when able to SLR without extension lag)

\_\_\_\_ Weeks 4-6:

- Progress to partial (20 pound) weight bearing with crutches
- Unrestricted ROM, however no partial weight bearing past 90 degrees flexion

\_\_\_\_ Weeks 6-12

- D/c brace when quad strength adequate for ambulation and no extension lag
- Progress to full weight bearing in 0-90 in flexion; no weight bearing past 90 flexion
- Closed chain knee extension, stationary bike, weight bearing gastroc/soleus stretch
- Lunges, mini-squats, weight shifts, initiate step up program (all 0-90 degrees)
- Proprioceptive training, stationary bike use

\_\_\_\_ Weeks 12-16:

- 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+:

- Begin plyometrics and sport-specific drills, jogging, running
- Gradual return to athletic activity as tolerated
- Maintenance program

Signature \_\_\_\_\_

Date: \_\_\_\_\_