

**MENISCUS ROOT AND RADIAL REPAIR**  
**PHYSICAL THERAPY PROTOCOL**

Weeks 0-4	<ul style="list-style-type: none"> <li>• NWB with brace in full extension when ambulating and sleeping</li> <li>• PROM→AAROM→AROM progress as tolerated to 90 degrees of flexion (non-weight bearing – brace will be set 0-90 degrees)</li> <li>• Heel slides, quad sets, patellar mobilization, ankle pumps</li> <li>• Straight leg raises (without brace when able to SLR without extension lag)</li> </ul>
Weeks 4-6	<ul style="list-style-type: none"> <li>• Progress to partial (20 pound) weight bearing with crutches</li> <li>• Unrestricted ROM when non-weight bearing, however no weight bearing past 90° flexion</li> </ul>
Weeks 6-12	<ul style="list-style-type: none"> <li>• D/c brace when quad strength adequate for ambulation and no extension lag</li> <li>• Progress to full weight bearing in 0-90° flexion; no weight bearing past 90° flexion</li> <li>• Closed chain knee extension, stationary bike, weight bearing gastroc/soleus stretch</li> <li>• Lunges, mini-squats, weight shifts, initiate step down program (all 0-90° only)</li> <li>• Proprioceptive training, stationary bike use</li> </ul>
Weeks 12-16	<ul style="list-style-type: none"> <li>• Unrestricted ROM even with weight bearing</li> <li>• Advance closed chain strengthening and bike exercises</li> <li>• Progressive squat program; initiate step down program</li> <li>• Leg press (start initially with body weight only)</li> </ul>
Weeks 16+	<ul style="list-style-type: none"> <li>• Begin plyometrics and sports-specific drills, jogging, running</li> <li>• Gradual return to athletic activity as tolerated</li> <li>• Maintenance program</li> </ul>