



## **MENISCAL ROOT REPAIR**

### Post-Operative Rehabilitation Protocol

#### **0-4 weeks**

- NWB for 6 weeks
- Brace locked in 0° extension during ambulation and sleep
- ROM: 0-90°, focusing on full extension
- Patella mobilization
- SLR supine with brace locked at 0°
- Quad sets with brace locked at 0°
- Heel slides
- Ankle pumps

#### **4-6 weeks**

- Continue NWB status until 6 weeks, brace locked in 0° extension
- Progress ROM towards full range

#### **6-8 weeks**

- Transition to an unloader brace at 6 weeks and wear it until 6 months post-op
- Begin WBAT progression: start with PWB (25%, then 50%) at 6 weeks, and gradually advance to full WBAT
- Discontinue crutches when gait is normalized
- Begin wall sits to 90°

#### **8-12 weeks**

- WBAT with unloader brace worn until 6 months post-op
- Full ROM
- Continue progressing closed-chain exercises
- Lunges from 0-70°
- Leg press from 0-70°
- Proprioception exercises
- Begin stationary bike

## **12-16 weeks**

- Progress strengthening exercises
- Focus on single-leg strengthening
- Start jogging and progress to running
- Begin sports-specific exercises

**Note:** Progression through these phases should be based on individual recovery, with all exercises adjusted as necessary under the guidance of your surgeon and physical therapist. Regular follow-ups with the surgical team are crucial to ensure optimal recovery