

Meniscal Root Repair Rehabilitation Protocol

	Weight-bearing	Brace	Range of Motion	Exercises
Phase 1 0-6 weeks	Toe-touch weight bearing only in brace	Locked at 30° when ambulating Off when sitting or supine and exercises	NWB 0-90°	Calf pumps, patellar mobilization, quadriceps tightening sets and SLR. No weight-bearing motion.
Phase 2 6-8 weeks	Progress to full WB with brace unlocked 0-90°	Unlocked 0-90° Off at night Discontinue brace at 8 weeks	Advance to regain full ROM	Add side-lying hip and core, advance quad set and stretching ^a Addition of heel raises, total gym (closed chain), gait normalization, eccentric quads, eccentric hamstrings. Advance core work with hip, gluteal and core strengthening No weight-bearing >90° flexion
Phase 3 8-12 weeks	Full	None	Full NWB ROM No weight-bearing with flexion >90°	Progress closed chain activities. Advance hamstring exercises, proprioception & balance exercises, lunges & leg press (0-90° only) Advance core work with hip, gluteal and core strengthening Begin Stationary Bike at 8 weeks
Phase 4 3-5 months	Full	None	Full	Progress Phase III exercises and functional activities: walking lunges, planks, bridges, Swiss ball, half-Bosu exercises Advance core work with hip, gluteal and core strengthening Swimming allowed at 12 weeks Advance to running/jumping and sport specific drills at 16 weeks when cleared by physician.

SLR- Straight-leg raise