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## **REHABILITATION PROTOCOL – MENISCUS ROOT REPAIR**

### **Phase I (0-2 weeks)**

Weight-Bearing: foot flat weight-bearing with brace locked in extension  
Brace: locked in extension when ambulating. Otherwise brace removed  
ROM (passive): 0-90°. Heel slides when sitting  
Exercises:

- Quad sets, patellar mobilization, straight leg raises, ankle pumps

### **Phase II (2-6 weeks)**

Weight-Bearing: foot flat weight-bearing (up to 10 lbs.) with brace locked in extension  
Brace: locked in extension when ambulating. Otherwise brace removed  
ROM: full passive ROM  
Exercises:

- Continue as above
- Closed chain exercises limited to 0-60° knee flexion
- Core, hip strengthening; stationary bike

### **Phase III (6-12 weeks)**

Weight-Bearing: as tolerated  
Brace: discontinue at 6-8 weeks post-op  
ROM: full  
Exercises:

- Continue as above
- Closed chain exercises (hamstrings, quads, glutes) – limited to 0-90° knee flexion
- Proprioception exercises
- Stationary bike

### **Phase IV: (12-20 weeks):**

Weight-Bearing: as tolerated  
Brace: none  
ROM: full  
Exercises:

- Continue as above
- Advance to eccentric exercises (hamstrings, glutes, quads)
- Elliptical, stationary bike, swimming
- Start sport specific exercises at week 16 if cleared by Dr. Welch

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