Jennifer Thomson, MD
ORTHOPAEDIC SURGERY | SPORTS MEDICINE

Rehabilitation Protocol: Meniscal Root Repair

Phase I:
0-4 weeks

- Brace: Locked at 0 degrees extension for ambulation 0-6 wks & sleeping x2 wks
- ROM: Active/Passive ROM 0-90, emphasis on extension
- Weightbearing: NWB in brace in extension in crutches until 6 wks postop
- Exercises:
  - Patella mobilization
  - Straight leg raise supine with brace locked at 0 degrees
  - Quad sets
  - Heel slides
  - Ankle pumps

Phase II:
4-6 weeks

- Brace: Locked at 0 degrees extension for ambulation 0-6 wks, otherwise unlocked
- ROM: Gradual progression of ROM until full
- Weightbearing: NWB in brace in extension in crutches until 6 wks postop
- Exercises:
  - Patella mobilization
  - Straight leg raise supine with brace locked at 0 degrees
  - Quad sets
  - Heel slides
  - Ankle pumps

Phase III:
6-8 weeks

- Brace: Discontinue hinge knee brace when quad strength adequate, transition to unloader brace
- ROM: full
- Weightbearing: transition to PWB then d/c crutches when gait normalized; WBAT in unloader brace
- Exercises:
  - Wall sits to 90 degrees
  - No weightbearing with knee flexion past 90 degrees

Phase IV:
8-12 weeks

- Brace: unloader brace during activity until 6 months postop
- ROM: full
- Weightbearing: WBAT in unloader brace
- Exercises:
  - Progress with closed chain exercises
  - Lunges from 0-90 degrees
  - Leg press 0-90 degrees
  - Proprioception exercises
  - Begin stationary bike

Phase V:
12-16+ weeks

- Brace: unloader brace during activity until 6 months postop
- ROM: full

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- Weightbearing: WBAT in unloader brace
- Exercises:
    - Progress strengthening exercises
    - Single leg strengthening
    - Begin jogging and progress to running
    - Sports specific exercise

Return to sport guided by MD clearance, typically ~6 months postop

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