

Meniscus Root Repair/Large Meniscus Repair Rehab Protocol

	Weight Bearing	Brace	Range of Motion	Exercises
Phase I 0-2 weeks	Heel touch weightbearing with crutches	Locked in full extension for sleeping and all activity* Off for exercises and hygiene	0-60°	Heel slides, quad sets, patellar mobs, calf pumps, SLR No flexion >90°
Phase II 2-10 weeks	2-8 weeks: Heel touch WB with crutches 8-10 weeks: Progress to full WB	2-4 weeks: Brace worn at all times, unlocked 0-90° 4-10 weeks: Brace worn while awake, unlocked 0-90° Discontinue brace by 10 weeks when comfortable WB	0-90°	2-8 weeks: PROM/AAROM to tolerance, patella and tibiofibular joint mobs, quad, hamstring, and glute sets, side-lying hip and core 8-10 weeks: Addition of heel raises, closed chain exercises, gait normalization, eccentric quads, eccentric hamstrings; advance core, glutes and pelvic stability No weight bearing with flexion >90°
Phase III 10-12 weeks	Full	None	Full, caution with flexion >90° to protect meniscus	Progress closed chain activities Begin unilateral stance activities, balance training, hamstring work, hip/core/glutes, lunges/leg press 0-90°
Phase IV 12-16 weeks	Full	None	Full	Advance Phase II exercises; maximize core/glutes, pelvic stability work, eccentric hamstrings, balance Begin stationary bike at 12 weeks with low resistance Swimming as tolerated after 12 weeks
Phase V >16 weeks	Full	None	Full	Advance to sport-specific drills and running/jumping once cleared by MD Start elliptical after 16 weeks

* Brace may be removed for sleeping at 4 weeks