

## Post-Operative Rehabilitation Guidelines for

### Meniscal Root Repairs - Rehab Protocol

#### 0-4 Weeks:

- NWB in brace in extension with crutches until 6 weeks post-op
- Brace in extension for sleeping 0-2 wks
- Active/Passive ROM 0-90 degrees
- Quad sets, SLR, Heel Slides
- Patellar Mobilization

#### 4-6 Weeks:

- Progress with ROM until full
- Maintain NWB status

#### 6-8 Weeks:

- Advance to WBAT at 6 weeks post-op after transitioning to the unloader brace
- D/C immobilizer brace when quad strength adequate (typically around 6 weeks)
- D/C crutches when gait normalized
- Wall sits to 90 degrees

#### 8-12 Weeks:

- WBAT with use of unloader brace until 6 months post-op
- Full ROM
- Progress with closed chain exercises
- Lunges from 0-90 degrees
- Leg press 0-90 degrees
- Proprioception exercises
- Begin Stationary Bike

**12-16 Weeks:**

- Progress Strengthening exercises
- Single leg strengthening
- Begin jogging and progress to running
- Sports specific exercise