

KNEEbraska
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MENISCUS ROOT REPAIR REHABILITATION PROTOCOL

	WEIGHT BEARING	BRACE	ROM	EXERCISES
PHASE I (0-2 weeks)	Heel touch WB with crutches and brace	Locked in full extension, worn at all times (including sleeping).* May remove for hygiene & exercise	0-90 degrees when NWB	Heel slides, quad sets, patellar mobs, SLR, ankle pumps NO WB with flexion > 90 degrees.
PHASE II (2-10 weeks)	2-8 weeks: heel touch WB with crutches 8-10 weeks: progress to full WB	2-8 weeks: brace worn during day only, unlocked 0-90 degrees. d/c brace by 10 weeks when comfortable with WB and good mechanics	as tolerated, caution with flexion >90 degrees (protect meniscus)	2-8 weeks: PROM/AAROM as tolerated; patellar and tibiofibular joint mobs, quad/glute/hamstring sets; sidelying core/hip 8-10 weeks: add calf raises, CKC ex, eccentric quads/hamstrings; advance core/glute work NO WB with flexion > 90 degrees.
PHASE III (10-12 weeks)	FWB	NA	Full ROM, caution with flexion > 90 degrees (protect meniscus)	Progress CKC activities. Begin unilateral stance work, balance training, lunges/leg press 0-90 degrees.
PHASE IV (12-16 weeks)	FWB	NA	Full ROM	Stationary bike @ 12 weeks, low resistance. Swimming @ 12 weeks
PHASE V >16 weeks	FWB	NA	Full ROM	Advance to sport-specific drills/running when cleared by surgeon. Elliptical—may start > /= 16 weeks

*Brace may be removed for sleeping after first post-op visit (day 7-10)

**Avoid tibial rotation x 8 weeks to protect repair/meniscus