



## ARTHROSCOPIC MENISCUS ROOT REPAIR

### Phase 1 (Weeks 0-6)

- **Weight bearing:** NWB for 6 weeks
- **Hinged Knee Brace:** worn for 6 weeks post-op
  - Locked in full extension for ambulation and sleeping – remove for hygiene and PT (Weeks 0-6)
- **Range of Motion** – AAROM → AROM as tolerated
  - **Weeks 0-4:** Full ROM – No weight bearing at flexion angles greater than 90°
  - **Weeks 4-6:** Full ROM as tolerated – progress to flexion angles greater than 90°
- **Therapeutic Exercises (formal PT to start at 2 weeks)**
  - Quad/hamstring sets, heel slides, straight leg raises, co-contractions
  - Isometric abduction and adduction exercises
  - Patellar mobilizations
  - At **4 weeks:** can begin partial wall-sits – keep knee flexion angle less than 90°

### Phase 2 (Weeks 6-12)

- **Weight bearing:** As tolerated – discontinue crutch use at 6 weeks
- **Hinged Knee Brace:** Discontinue brace use when patient has achieved full extension with no evidence of extension lag
- **Range of Motion** – Full active ROM
- **Therapeutic Exercises**
  - Closed chain extension exercises, Hamstring strengthening
  - Lunges – 0-90°, Leg press – 0-90°
  - Proprioception exercises
  - Begin use of the stationary bicycle

### Phase 3 (Weeks 12-16)

- **Weight bearing:** Full weight bearing with normal gait pattern
- **Range of Motion:** Full/painless ROM
- **Therapeutic Exercises**
  - Continue with quad and hamstring strengthening
  - Focus on single-leg strength
  - Begin jogging/running
  - Plyometrics and sport-specific drills

### Phase 4 (Months 4-6)

- Gradual return to athletic activity as tolerated
- Maintenance program for strength and endurance