

Physical Therapy Protocol Meniscus Root Repair

Recommendation: PT/OT visits 2-3x/week for 8-12 weeks then 1x/week for 4-6 months

Week 0-2

- No weight bearing
- Brace on at all times (except to shower)
- Brace unlocked – 0-90 degrees of flexion
- Quad activation, ankle pumps, straight leg raise
- Passive and active knee range of motion – 0-90 degrees of flexion

Week 2-6

- Progress to toe touch weight bearing
- Brace on at all times (except to shower)
- Brace unlocked – 0-90 degrees of flexion
- Passive and active ROM of knee, 0-90 degrees of flexion
- Goal for 90 degrees of flexion by 6 weeks
- Quad activation, ankle pumps, straight leg raise
- Closed chain exercises

Week 6-12

- Begin to wean out of the brace
- Full weight bearing
- Terminal range of motion
- Soft tissue mobilization
- Closed chain exercises, no open chain exercises
- Progress towards home program

Week 12-24

- Home exercise program
- Resistance and strength training
- Closed chain exercises
- Isokinetic quadriceps training

Week >24

- Begin sport specific training
- Begin running program when able to do a single leg squat