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Post Operative Guidelines for Meniscal Root Repair

0-4 Weeks:

- NBW in brace in extension with crutches
- Brace in extension for sleeping 0-2 weeks
- Active/Passive ROM 0-90 degrees
- Quad sets, SLR, Heel Slides
- Patellar Mobilization

4-6 Weeks:

- Advance to TTWB with brace locked
- Progress with ROM until full
- No weight bearing with knee flexion

6-8 Weeks:

- PWB to WBAT with brace unlocked
- D/C brace when quad strength adequate (typical around 6 weeks)
- D/C crutches when gait normalized
- Wall sits to 90 degrees

8-12 Weeks:

- WBAT without brace
- 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