

Arthroscopic Meniscus Root Repair

PHASE I (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:** No flexion greater than 90⁰
 - **Weeks 4-6:** Full ROM as tolerated – progress to flexion angles greater than 90⁰
- **Therapeutic Exercises:**
 - 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 90⁰

PHASE II (Weeks 6-12)

- **Weight Bearing:** As tolerated—discontinue crutches
- **Hinged Knee Brace:** Discontinue when patient has achieved full extension with no extension lag
- **Range of Motion:** Full active ROM
- **Therapeutic Exercises:**
 - Closed chain extension exercises, Hamstring strengthening
 - Lunges – 0-90⁰, Leg press – 0-90⁰
 - Proprioception exercises
 - Begin use of stationary bicycle

PHASE III (Weeks 12-16)

- **Weight Bearing:** Full weightbearing 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 IV (Months 4-6)

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