



Physical Therapy Protocol: Meniscus Root Repair

| Phase | Notes | Exercises |
|-----------------------|---|--|
| I: Weeks 0-6 | Toe touch WB (10-20% body weight) ROM 0-90 Brace locked in extension day and night | <ul style="list-style-type: none"> Exercises: Heel slides, patellar mobilization, quad/hamstring sets, gastroc soleus stretch, straight leg raise with knee in full extension with brace until quad strength prevents extension lag, no open chain or isokinetic exercises ROM: progress through passive, active, 0-90 degrees x 6 weeks, No weight-bearing flexion past 90 degrees for 12 weeks (brace use when weightbearing) Goals: 60 degrees of flexion by week 2. Full active hyperextension, 90 degrees of flexion, minimal swelling by week 6 |
| II: Weeks 6-12 | Discontinue brace Full ROM No WB flexion past 90 degrees or impact for 12 weeks total post op | <ul style="list-style-type: none"> Physician Goals: protect repair, progress ROM and strength Exercises: ROM as tolerated, progress closed chain activities, d/c brace. Begin hamstring work, lunges/leg press 0-90°, proprioception exercises, balance/core/hip/glutes, Begin stationary bike Comments: No WB flexion past 90 degrees until 12 weeks from surgery, no impact/running/jumping until 12 weeks from surgery |
| III: Weeks 12+ | | <ul style="list-style-type: none"> Physician Goals: Progress activity/strength Exercises: No brace, full ROM, initiate return to running program, progress flexibility/strengthening, progression of function: forward/ backward running, cutting, grapevine, etc., initiate plyometric program and sport-specific drills |

Sports Performance Center Resources

- Plyometric Prep Screen when returning to running/ jumping (around 4 months post-op)
 - Schedule via QR code or email spc@rushortho.com
- Lower Body Assessment when initiating preparing to return to sport
 - Schedule via QR code or email spc@rushortho.com

