

**Arthroscopic
Meniscus Root
Repair**



Post-op protocol for ***Daniel Myer, M.D.***

<p>Weeks 0-6</p>	<ul style="list-style-type: none"> • Strict NWB • Hinged knee brace is patient specific *May be used to prevent hamstring activation during gait • Weeks 0-2: NWB ROM 0-45 • Weeks 3-6: NWB ROM 0-90 • Patellar mobs, quad sets, SLR • ** Avoid isometric hamstring activities • Bike: within ROM restrictions, no resistance • Hip and core strengthening
<p>Weeks 7-12</p>	<ul style="list-style-type: none"> • Weeks 7-9: WB 0-40 using hinged brace *Progressive WB (start TDWB / locked straight) and advance only as pain & effusion allows • Weeks 10-12: WB 0-60 using hinged brace • Full NWB ROM as pain allows • General rule: CKC WB knee flexion < 70 until 12 weeks • OK for isometric hamstring exercises
<p>Weeks 13-20</p>	<ul style="list-style-type: none"> • WB 0-90 (hinged brace if needs protection) • Full NWB ROM • Double-leg squats, static lunges, progressive dynamic lunges, stationary bike with resistance • After 16 weeks: Single-leg squats, single-leg deadlifts, step-up/step-downs, multidirectional lunges, stationary bike with resistance
<p>6-9 Months</p>	<ul style="list-style-type: none"> • No deep squatting for 6 months • Return to cutting sports 8-9 months

Special Notes:

Specifics on protocol: Mueller BT et al. Rehabilitation Following Meniscus Root Repair: A Clinical Commentary. J Orthop Sports Phys Ther 2016 Feb;46(2):104-113