

**Arthroscopic  
Meniscus Root  
Repair**



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

<p>Weeks 0-4</p>	<ul style="list-style-type: none"> <li>• Strict NWB with crutches / walker</li> <li>• OK for full NWB motion</li> <li>• OK for toe touch balance with standing ADLs</li> <li>• Patellar mobs, quad sets, SLR</li> <li>• Bike: within ROM restrictions, no resistance</li> <li>• Hip and core strengthening</li> <li>• No brace needed (unless sometimes used if combined with another surgical repair need)</li> <li>• OK for BFR / modalities</li> </ul>
<p>Weeks 5-12</p>	<ul style="list-style-type: none"> <li>• Progressively introduce WB             <ul style="list-style-type: none"> <li>- Start with standing 25-50% PWB</li> <li>- After a week or so as pain and mechanics allow, PWB with ambulation</li> <li>- Easier to start extension WB and progress with flexion gait mechanics, using crutches</li> </ul> </li> <li>• Goal is to be WBAT 7-8 weeks without a crutch, maintaining gait extension landing mechanics</li> <li>• Bike: within ROM restrictions, no resistance</li> <li>• Light knee resistance strengthening 0-90</li> <li>• Limit deep WB flexion to 90 degrees through 3 months</li> </ul>
<p>Weeks 13-20</p>	<ul style="list-style-type: none"> <li>• Double-leg squats, static lunges, progressive dynamic lunges, stationary bike with resistance</li> <li>• After 16 weeks: Single-leg squats, single-leg deadlifts, step-up/step-downs, multidirectional lunges, stationary bike with resistance</li> <li>• Other PT specific activities OK per individual PT's comfort</li> </ul>
<p>6-9 Months</p>	<ul style="list-style-type: none"> <li>• No deep squatting for 6 months</li> <li>• Start return to running program 5-6 months, depending on both need and kinematics / tolerance</li> <li>• Return to cutting sports 8-9 months</li> </ul>

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