

**Arthroscopic  
Meniscus Root  
Repair**



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

Weeks 0-4	<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>
Weeks 5-12	<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>
Weeks 13-20	<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>
6-9 Months	<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