

**Arthroscopic
Meniscus Root
Repair**



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

Weeks 0-6	<ul style="list-style-type: none"> • Strict NWB with crutches / walker • NWB motion 0-90 • Patellar mobs, quad sets, SLR • Bike: within ROM restrictions, no resistance • Hip and core strengthening • No brace needed
Weeks 7-12	<p>Brace ... patient will get hinged knee brace *Progressive WB (start TDWB / locked straight) and advance as pain & quad control allows</p> <p>Weeks 7-9: WB 0-40 using hinged brace Weeks 10-12: WB 0-60 using hinged brace</p> <ul style="list-style-type: none"> • Full NWB ROM • General rule: CKC WB knee flexion < 70 until 12 weeks • OK for isometric hamstring exercises
Weeks 13-20	<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
6-9 Months	<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