Post-Operative Rehabilitation Guidelines for
Meniscal Root Repair

0-4 Weeks: TDWB in brace in extension with crutches
Brace in extension for sleeping 0-2 wks
Active/Passive ROM 0-90 degrees
Quad sets, SLR, Heel Slides
Patellar Mobilization

4-6 Weeks: Advance to FWBAT
May unlock brace
Progress with ROM until full
No weight bearing with knee flexion past 90 degrees

6-8 Weeks: WBAT with brace unlocked
D/C brace when quad strength adequate (typically around 6 weeks)
D/C crutches when gait normalized
Wall sits to 90 degrees

8-12 Weeks: WBAT without brace
Full ROM
Progress with closed chain exercises
Lunges from 0-90 degrees
Leg press 0-90 degrees
Proprioception exercises
Begin Stationary Bike

12-16 Weeks: Progress Strengthening exercises
Single leg strengthening
Begin jogging and progress to running
Sports specific exercise