

Meniscus Root Repair

Physical Therapy Protocol

Phase I – Maximum Protection (Weeks 0–6)

Weight Bearing Status: Non-weight bearing (NWB) x 6 weeks

Brace Setting: Locked in full extension (0-0°) x 6 weeks

Range of Motion (ROM):

- 0–90° for first 2 weeks
- Progress as tolerated after 2 weeks

Goals:

- Protect repair
- Control pain and inflammation
- Initiate gentle ROM
- Prevent muscle atrophy

Therapeutic Exercises:

- **Flexion/Extension – Wall Slides** (Weeks 1–10)
- **Flexion/Extension – Seated** (Weeks 1–12)
- **Patella/Tendon Mobilization** (Weeks 1–8)
- **Quad Series** (Weeks 1–8)
- **Ankle Pumps** (Weeks 1–10)

Crutch Weaning: Begin around Week 6

Phase II – Intermediate Strengthening (Weeks 6–12)

Goals:

- Begin hamstring activation
- Normalize gait
- Initiate cardiovascular conditioning
- Improve proprioception

Therapeutic Exercises:

- **Hamstring Sets** (Weeks 6–12)
- **Sit and Reach for Hamstrings** (Weeks 10–12)
- **Balance Series** (Weeks 10–24)
- **Toe and Heel Raises** (Week 10)

Cardio Introduction:

- **Bike (no resistance)** (Weeks 6–8)
- **Bike (with resistance)** (Weeks 10–24)

Phase III – Functional Strength and Balance (Weeks 12–20)

Goals:

- Build muscular strength
- Enhance neuromuscular control
- Expand cardiovascular tolerance

Cardiovascular Training:

- **Aquajogging** (Weeks 12–20)
- **Treadmill walking (7% incline)** (Weeks 16–24)
- **Swimming with fins – light flutter kick** (Weeks 16–24)
- **Elliptical Trainer** (Weeks 16–24)

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Strength & Proprioception:

- **Double Knee Bends**
- **Double Leg Bridges**
- **Reverse Lunge – Static Holds**
- **Beginning Cord Exercises**
- **Balance Squats**
- **Single Leg Deadlift**
- **Leg Press (to 70° max flexion)**

All begin between Weeks 12–16 and continue to Week 24.

Phase IV – Advanced Agility and High-Level Activity (Weeks 20–30)

Goals:

- Restore athletic function
- Return to high-level activities safely
- Pass functional sports testing

Agility Drills:

- **Running Progression** (Week 24)
- **Initial – Single Plane Agility** (Weeks 24–30)
- **Advance – Multi-Directional** (Week 30)
- **Functional Sports Test** (Week 30)

High-Level Activities:

- **Golf Progression** (Week 30)
- **Outdoor Biking, Hiking, Snowshoeing** (Week 30)
- **Return to Sports (Skiing, Basketball, Tennis, Football, Soccer)**

Typically after 7–9 months, pending clearance.

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Innovating **BIG RESULTS**
Through Small Incisions

Timeline Quick View

Week	Key Milestones
0–6	NWB, ROM 0–90°, brace locked
6	Begin crutch weaning
10–12	Cardio + hamstring activation
16	Incline treadmill, elliptical, strengthening
20–24	Balance drills, sport-specific movement
30	Functional test + return to activities

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