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ORTHOPEDIC ASSOCIATES OF DALLAS
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Meniscus Root Repair

REHABILITATION PROTOCOL

PHASE	RANGE OF MOTION	BRACE / WEIGHT BEARING	THERAPEUTIC EXERCISE
Phase I **0–4 weeks** GOAL TO ADVANCE *Flexion 0-90°; leg raise without lag*	0-90° when not weight bearing; full extension	Brace locked straight at all times (off for hygiene and exercise; off at night from week 2). Heel-touch weight bearing with crutches	Calf pumps, kneecap mobilization, quad sets, straight-leg raises in brace. No weight-bearing knee bending
Phase II **4–8 weeks** GOAL TO ADVANCE *Full weight bearing with normal gait*	Advance to full passive motion. NO weight-bearing bending past 90°*	Weeks 4-6: 50% weight bearing, brace unlocked 0-90°. Weeks 6-8: wean crutches to full weight bearing; discontinue brace with normal gait	Heel raises, closed-chain exercises in limited range, hip/glute/core strengthening. Avoid twisting on the knee for 6 weeks
Phase III **8–12 weeks** GOAL TO ADVANCE *Full motion; good single-leg control*	Full	Full; no brace	Stationary bike from week 8; lunges and leg press 0-90°; balance and proprioception; hamstring strengthening
Phase IV **3–5 months** GOAL TO ADVANCE *Physician clearance for impact*	Full	Full	Walking lunges, bridges, core work; swimming from 12 weeks; running, jumping and sport drills from 16 weeks**
Phase V **5–6+ months** GOAL TO ADVANCE *Strength and hop tests ≥90%*	Full; deep squatting allowed at about 6 months	—	Agility, plyometrics and return to sport**

NOTES

*Deep loaded bending (squatting, kneeling) puts the highest stress on the repaired root

**If approved by physician