

POST-OPERATIVE REHABILITATION PROTOCOL

Meniscal Root Repair

William McLaughlin, MD | Sports Medicine Surgery | Advanced Bone & Joint

Phase 1 | 0-4 Weeks

GOALS FOR THIS PHASE

- Protect the root repair with strict NWB.
- Maintain brace locked in extension for ambulation and sleeping.
- Achieve and maintain full passive knee extension.
- Progress flexion ROM to 0-90°.
- Initiate quadriceps activation and patellar mobility.

Weight Bearing & Bracing

- NWB on operative extremity.
- Brace locked at 0° for ambulation and sleeping.

Range of Motion

- ROM: 0-90° with emphasis on full extension.

Therapeutic Exercises

- Patella mobilization.
- SLR supine with brace locked at 0°; quad sets.
- Ankle pumps.
- Short-crank (90 mm) ergometry.

Phase 2 | 4-6 Weeks

GOALS FOR THIS PHASE

- Remain NWB with brace locked in extension during ambulation.
- Progress flexion ROM to 0-125° while maintaining full extension.
- Continue patellar mobilization and quadriceps activation.

Weight Bearing & Bracing

- Remain NWB with brace locked in full extension during ambulation.

Range of Motion

- ROM: 0-125° (maintain full extension).

Therapeutic Exercises

- Continue patellar mobilization, SLRs, ankle pumps.

Phase 3 | 6-8 Weeks

GOALS FOR THIS PHASE

- Begin TTWB and progress to 50% WB / WBAT by 8 weeks as tolerated.
- Wean from crutches; discontinue brace around 8 weeks once quadriceps control is adequate.
- Initiate functional closed-chain strengthening and proprioception.
- Avoid tibial rotation until 6 weeks.

Weight Bearing & Bracing

- Begin TTWB and progress to 50% WB and WBAT by 8 weeks as tolerated.
- Wean from crutches; anticipate discontinuation of brace around 8 weeks once WBAT with quadriceps control.

Therapeutic Exercises

- Wall sits to 90°.
- Active knee extension to 40°.
- Standard (170 mm) ergometry once knee ROM > 115°.
- Leg press (80°-0° arc).
- Mini squats / weight shifts.
- Proprioception training.
- Initiate step-up program.

Precautions

- Avoid tibial rotation until 6 weeks.

Phase 4 | 8-12 Weeks

GOALS FOR THIS PHASE

- WBAT without brace.
- Full ROM.
- Progress closed-chain strengthening and proprioception.
- Initiate stationary bike.

Weight Bearing

- WBAT without brace.

Range of Motion

- Full ROM.

Therapeutic Exercises

- Progress closed-chain exercises.
- Lunges from 0-90°.
- Leg press 0-90°.
- Proprioception exercises.
- Begin stationary bike.

Phase 5 | 12-16 Weeks

GOALS FOR THIS PHASE

- Progress strengthening including single-leg work.
- Begin jogging and progress to running.
- Initiate sport-specific exercise.

Therapeutic Exercises

- Progress strengthening exercises.
- Single-leg strengthening.
- Begin jogging and progress to running.
- Sport-specific exercise.

This protocol is a general guideline. Progression is patient-specific and at the discretion of William McLaughlin, MD.