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REHAB PROTOCOL: Medial Meniscus Root Repair

Name: _____

Date: _____

Diagnosis: _____

Date of Surgery: _____

PT to start post-op week #2

Phase I (Weeks 0-6)

- **Weight bearing:** NWB for 6 weeks
- **Hinged Knee Brace:** worn for 6 weeks post-op
 - o Locked in full extension for ambulation and sleeping – remove for hygiene and PT (weeks 0-6)
- **Range of Motion** – AAROM → AROM as tolerated
 - o **Weeks 0-4:** Full ROM – No weight bearing at flexion angles greater than 90°
 - o **Weeks 4-6:** Full ROM as tolerated – progress to flexion angles greater than 90°
- **Therapeutic Exercises (formal PT to start at 2 weeks)**
 - o Quad/Hamstring sets, heel slides, straight leg raises, co-contractions
 - o Isometric abduction and adduction exercises
 - o Patellar Mobilizations
 - o At 4 Weeks: can begin partial wall-sits – keep knee flexion angle less than 90°

Phase II (Weeks 6-12)

- **Weightbearing:** As tolerated- discontinue crutch use at 6 weeks
- **Hinged Knee Brace:** Discontinue brace use when patient has achieved full extension with no evidence of extension lag
- **Range of Motion** – Full active ROM
- **Therapeutic Exercises:**
 - o Closed chain extension exercises, Hamstring strengthening
 - o Lunges – 0-90°, Leg press – 0-90°
 - o Proprioception exercises
 - o Begin use of the stationary bike

Phase III (Weeks 12-16)

- **Weightbearing:** Full weight bearing with normal gait pattern
- **Range of Motion** – Full/Painless ROM

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• **Therapeutic Exercises:**

- o Continue with quad and hamstring strengthening
- o Focus on single-leg strength
- o Begin jogging/running
- o Plyometrics and sport-specific drills

Phase IV (Months 4-6)

- Gradual return to athletic activity as tolerated
- Maintenance program for strength and endurance

Comments: Patients should avoid tibial rotation for 6 weeks post-op

Frequency: 2 times per week

Duration: 12 weeks

Signature: _____

Date: _____