

REHABILITATION PROTOCOL: ARTHROSCOPIC KNEE MENISCUS ROOT REPAIR

□ Phase 1 (Weeks 0-6)

- Non weight-bearing with crutches
- Hinged knee brace for 6 weeks
 - Weeks 0-6: Locked in full extension for ambulation and sleeping, remove for hygiene and PT
- Range of motion
 - AAROM → AROM as tolerated
 - Weeks 0-2: Locked in full extension
 - Weeks 4-6: ROM 0-90°
- Therapeutic exercises
 - Quad and hamstring sets, heel slides, straight leg raises, co-contractions
 - Isometric abduction and adduction exercises
 - Patellar mobilizations

□ Phase 2 (Weeks 6-12)

- Weight bearing as tolerated
- Hinged knee brace
 - Discontinue when patient able to achieve full extension with no evidence of extension lag
- Range of motion
 - Full active ROM
- Therapeutic exercises
 - Closed chain extension exercises, hamstring strengthening, lunges and leg press 0-90°, proprioception exercises, begin use of stationary bicycle

□ Phase 3 (Weeks 12-16)

- Weight bearing
 - Full with normal gait pattern
- Range of motion
 - Full and painless
- Therapeutic exercises
 - Continue with quad and hamstring strengthening
 - Focus on single-leg strength
 - Begin jogging and running
 - Plyometric and sport-specific drills

□ Phase 4 (Months 4-6)

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