



KNEE MENISCUS ROOT REPAIR POST-OPERATIVE GUIDELINES

	Range of Motion	Brace	Exercises
Phase I 0 – 4 weeks	A/PROM 0-90°	TDWB in brace in extension with crutches Brace in extension for sleeping 0-2 weeks Out of brace for ROM	Proximal strengthening (glutes, abductors) Quad sets, SLR Heel slides Patellar mobilization
Phase II 4 – 6 weeks	Increase to full AROM, PROM	WBAT, may unlock brace 0-90° No WB in knee flexion past 90° D/C crutches when gait normalized	Proximal strengthening Progressive quad sets (closed chain), SLR Advance posterior chain Patellar mobilization
Phase III 6 – 8 weeks	Full A/PROM	WBAT with brace unlocked D/C brace when quad strength adequate and ambulating without limp	Advance proximal strengthening Progressive quad sets (closed chain), wall sits to 90° Advance posterior chain
Phase IV 8 – 12 weeks	Full A/PROM	None	Progress proximal strengthening Progress quad closed chain: lunges 0-90°, leg press 0-90° Proprioception Stationary bike
Phase V 12 – 16 weeks	Full A/PROM	None	Progress proximal strengthening Double leg → single leg strengthening Begin running program Sport-specific exercise