

**Orthopedic Associates of Hartford, P.C.**  
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Date of Surgery:

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**Post-Operative Rehabilitation Protocol:**

**Meniscal Root Repair**

**PHASE I: IMMEDIATE POST-OPERATIVE -Week 4**

- TDWB in brace in extension with crutches
- Brace in extension for sleeping 0-2 wks
- Active/Passive ROM 0-90 degrees
- Quad sets, SLR, Heel Slides
- Patellar Mobilization

**PHASE II: Weeks 4-6**

- Advance to WBAT
- May unlock brace
- Progress with ROM until full
- No weight bearing with knee flexion past 90 degrees.

**PHASE III: Weeks 6-8**

- WBAT with brace unlocked
- D/C brace when quad strength adequate (typically around 6 weeks)
- D/C crutches when gait normalized
- Wall sits to 90 degrees

**PHASE IV: Weeks 8-12**

- WBAT without brace
- Full ROM
- Progress with closed chain exercises
- Lunges from 0-90 degrees
- Leg press 0-90 degrees
- Proprioception exercises
- Begin Stationary Bike

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**PHASE V: Weeks 12-16:**

- Progress Strengthening exercises
- Single leg strengthening
- Begin jogging and progress to running
- Sports specific exercise

**\* Addendum**

This protocol provides general rehabilitation guidelines following a Meniscal Root Repair. It is subject to modification depending on several factors such as the degree of injury, the type and extent of associated surgical intervention, as well as your individual progress post-operatively. For any questions, please call my office at 860-244-1017.