SPORTS MEDICINE ASSOCIATES
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ARTHROSCOPIC MENISCUS ROOT REPAIR

	WEIGHT BEARING	BRACE	ROM	EXERCISES
PHASE 1 0-2 WEEKS	Heel touch weightbearing with crutches	**0-2 weeks:** locked in extension (remove for hygiene/exercise) **2-4 weeks:** unlocked (remove for exercise/hygiene/sleep) Discontinue between 4-6 weeks	0-90° when nonweight bearing	Heel slides, quad sets, patellar mobs, calf pumps, SLR **No weight bearing with flexion >90**
PHASE 2 2-10 WEEKS	**2-8 weeks:** Heel touch WB with crutches **8-10 weeks:** Progress to full WB	**2-8 weeks:** Brace worn daytime only, unlocked 0-90° Discontinue brace by 10 weeks when comfortable WB	As tolerated, caution with flexion >90° to protect meniscus	**2-8 weeks:** PROM/AAROM to tolerance, patella and tibiofibular joint mobs, quad, hamstring, and glute sets, side-lying hip and core **8-10 weeks:** Addition of heel raises, closed chain exercises, gait normalization, eccentric quads, eccentric hamstrings; advance core, glutes and pelvic stability **No weight bearing with flexion >90°**

PHASE 3 10-12 WEEKS	Full	None	Full, caution with flexion >90° to protect meniscus	Progress closed chain activities Begin unilateral stance activities, balance training, hamstring work, hip/core/glutes, lunges/leg press 0-90°
PHASE 4 12-16 WEEKS	Full	None	Full	Advance Phase II exercises; maximize core/glutes, pelvic stability work, eccentric hamstrings, balance Begin stationary bike at 12 weeks with low resistance Swimming as tolerated after 12 weeks
PHASE 5 >16 weeks	Full	None	Full	Advance to sport-specific drills and running/jumping once cleared by MD Start elliptical after 16 weeks

NOTE: Patients should avoid tibial rotation for 8 weeks