

Rehabilitation Protocol: **Meniscus Repair- Root and Large Radial Tears**

	Weight Bearing	ROM	Brace Use	Therapeutic Elements
PHASE I 0 - 4 weeks	Non-weight bearing (NWB) with brace locked in extension.	Flexion limited to 90°. NWB only. PROM: 90° flexion at each therapy session.	1-4 weeks: Locked in full extension for ambulation and sleep.	Modalities as needed. Heel slides, quad and hamstring sets, patella mobilizations, gastroc /soleus stretch (NWB). SLR with brace locked in full extension until patient has no extension lag with SLR. Start BFR.
4 - 6 weeks	Touch-down weight bearing (TDWB) with brace locked in extension.	Maintain full extension. Advance to full flexion as tolerated.	Unlocked for ambulation, locked for sleep.	May add prone hangs as needed. Continue BFR.
PHASE II 6 - 8 weeks	50% WB x 1 weeks, then advance to FWB as tolerated, then wean off crutches.	Full A/ROM.	Discontinue brace.	Start SLR out of brace. Progressive closed chain exercises. Continue BFR.
PHASE III 8 - 12 weeks	FWB.	Full A/PROM.	None.	Advance closed chain exercises. Bike.
PHASE 12 - 16 weeks	FWB.	Full A/PROM.	None.	Begin open chain strengthening. Swimming and Treadmill walking for exercise. Progress to Elliptical (EFX).
PHASE IV 4 - 6 months	FWB.	Full ROM.	No brace.	Start jogging progression. Advance activities to full.