



Meniscal Root Repair (Unstable) Protocol

	WEIGHT BEARING	BRACE	ROM	EXERCISES
PHASE I 0-6 weeks	FFWB in brace, crutches at all times	0-1 week: Locked in full extension for ambulation and sleeping 1-4 weeks: Unlocked for ambulation when quad returns.	0-1 weeks: locked in extension 1-2 weeks: 0-45° 2-6 weeks: Advance slowly 0-90°	Quad sets, patellar mobs, gastroc/soleus stretch SLR w/ brace in full extension until quad strength prevents extension lag Side-lying hip/core
PHASE II 6-8 weeks	Advance 25% weekly until full by 8 weeks	Discontinue at 6 weeks/or when quad control improved and no extensor lag with SLR	Full	Begin toe raises, closed chain quads, balance exercises, hamstring curls, stationary bike, step-ups, front and side planks; advance hip/core
PHASE III 8-12 weeks	Full	None	Full	Progress closed chain activities Begin hamstring work, lunges/leg press 0-90°, proprioception exercises, balance/core/hip/glutes Begin stationary bike when able
PHASE IV 12-20 weeks	Full	None	Full	Progress Phase III exercises and functional activities: single leg balance, core, glutes, eccentric hamstrings, elliptical, and bike Swimming okay at 12 weeks Advance to sport-specific drills and running/jumping after 16 weeks once cleared by MD
PHASE V >4 months	Full	None	Full	Continue sport-specific training, focus on kinetic chain – core/glutes/hip/quad/hamstring Likely return to play 4-6 months when clears functional tests