



Physical Therapy Prescription – Meniscus Root Repair

Name: _____

Date of Surgery: _____

Procedure: R / L knee arthroscopy, meniscus root repair

Frequency: 2-3 times per week

PHASE I (Weeks 0 – 6): Period of protection, decrease edema, activate quadriceps

- **Weightbearing:** Partial with crutches
 - **Weeks 0-6:** TTWB weight-bearing in brace with crutches
- **Hinged Knee Brace:**
 - **Weeks 0-2:** Locked in full extension for ambulation and sleeping
 - **Weeks 2-6:** Unlocked (0-90°) for ambulation once cleared by the team
 - i. Can remove while sleeping if terminal extension is reached
- **Range of Motion:**
 - **Weeks 0-6:** As tolerated when non-weight bearing
 - **Weeks 2-6:** Avoid weighted flexion >90°
- **Therapeutic Exercises:** Patellar mobs, quad/hamstring sets, heel slides, Gastroc/Soleus stretching, straight-leg raises
- **Modalities:** Per therapist, including electrical stimulation, ultrasound, heat (before), ice (after)

Phase II (Weeks 6 – 12)

- **Weightbearing:**
 - **Weeks 6-8:** Progress to full WB
- **Hinged Knee Brace:** Discontinue by **8 weeks**
- **Range of Motion:** Full, avoid weighted flexion >90°
- **Therapeutic Exercises:** Patellar mobs, quad/hamstring sets, closed chain extension exercises, hamstring curls, toe raises, balance exercises, Gastroc/Soleus stretching;
 - Lunges 0-90° and leg press 0-90° **10 weeks**
- **Modalities:** Per therapist, including electrical stimulation, ultrasound, heat (before), ice (after)

Phase III (Weeks 12 – 16)

- **Range of Motion:** Full, painless
- **Therapeutic Exercises:** Advance closed chain strengthening exercises and proprioception activities; focus on single-leg strengthening
 - Stationary Bike okay at **12 weeks**
 - Swimming okay at **12 weeks**
- **Modalities:** Per therapist, including electrical stimulation, ultrasound, heat (before), ice (after)

Phase IV (Weeks 16 – 24): Gradual return to athletic activity

- **16 weeks:** Begin jumping
 - Elliptical after **16 weeks**
- **20 weeks:** Advance to sprinting, backward running, cutting/pivoting/changing direction
- Consider **functional sports assessment**

Signature: _____

Date: _____