



Meniscal Root Repair

General info;

NWB for 4 weeks after Meniscal Root Repair – brace locked in extension for sleeping and mobilising

25% WB week 5, 50%WB week 6- brace 0-30°

Avoid WB in flexion for 6 weeks

No Deep Flexion (>90°) Weight Bearing for 12 weeks- posterior root repair

Posterior Root Repairs will require limited flexion for 4-6 weeks (<90°)

Anterior Root Repairs will have extension limited for 2-4 weeks (>10°)

Inline running from 12 weeks

Pivoting and Cutting from 16 weeks

ORTHOPAEDIC
SURGEON

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Stage	Goals	Weight Bearing	ROM/Cardio	Exercises
Stage 1 Weeks 0-6 Recovery and Limited - Weight Bearing Phase	<ol style="list-style-type: none"> Swelling Control (rest, ice, compression and elevation) Range of Motion within prescribed limits Quadriceps Activation Limit Muscle Loss 	<ul style="list-style-type: none"> NWB 4 weeks 25% WB week 5 50% WB Week 6 <i>ROM Brace locked in extension when mobilizing and sleeping for 4 weeks</i> <i>ROM 0-30° week 5 and 6 when mobilizing and sleeping</i> 	Rom Brace Locked in extension 2 weeks Week 3: 0-30° Week 4: 0-60° Week 5: 0-90° Passive and active assisted Heel Slides Patella Mobilizations	Multi Plane SLR Multi Plane Hip Range IRQ Static quads, hamstrings, calf pumps Prone Hangs
Stage 2 Weeks 6-8 Early Weight Bearing and Strength Training	<ol style="list-style-type: none"> ROM Gait Re-Training and quads control Strengthening PWB/WBAT 	PWB then progress to WBAT ROM brace 0-90° when mobilizing ROM brace not required for exercises or at rest	Stationary Bike, no resistance to begin Treadmill Walking Re-establish ROM No deep weight bearing > 90°	**Body Weight Strengthening only Half squats, Ball squats Wall slides Bridges Forward lunges to 45°

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<p>Stage 3 Weeks 8-16 Strengthening</p>	<ol style="list-style-type: none"> 1. Enhance Strengthening 2. Loading > body weight 	<p>WBAT</p> <p>ROM brace 0-90° when mobilizing until week 10</p>	<p>Full ROM</p> <p>Start Treadmill Walking week 8</p> <p>Start Elliptical Week 10</p> <p>Start inline Jogging week 12 – if quads index >80% contralateral limb</p> <p>No cutting or pivoting until week 16</p>	<p>Quads, hamstrings, calf strengthening</p> <p>Hip abductor and adductor strengthening</p> <p>Squats (to chair if appropriate)</p> <p>Step downs- front, back and lateral</p> <p>Lateral Lunges</p> <p>Romanian Deadlift unloaded from week 8, loaded week 10</p> <p>From Week 12</p> <p>Single leg squats to 90°</p> <p>Loaded Squats and Deadlift from week 12</p> <p>Single limb balance and proprioception</p>
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<p>Stage 4 Week 16+ Return to Sport</p>	<ol style="list-style-type: none"> 1. Integrate Plyometrics 2. Return to Functional Activity 3. Agility Training 	<p>WBAT</p>	<p>Multi-plane plyometrics Multi-plane Agility Cutting and Pivoting Exercises Ladder Drills Landing Mechanics</p>	<p>Return to Sport Criteria Single Leg hop Quads index > 95% Hamstrings index >95% Pain and swelling free post exercise</p>
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