



Move better. Live better.

## **Meniscal Root Repair Protocol**

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ROM: 0 degrees extension for 2 weeks, then progress flexion to 70 degrees for 2 weeks, then advance to 90 degrees until 4 weeks. Progress to full ROM thereafter.

WB: TDWB x 6 weeks, then progress to full

Avoid pivoting twisting on leg for 12 weeks  
If progressing well, start jogging at 12 weeks

No deep squatting for 6 months