

MENISCAL REPAIR, ALL-INSIDE REHABILITATION PROTOCOL

PHASE I (0–2 weeks)

Weight Bearing: Non-weight bearing (NWB), brace locked in extension

Brace:

- Locked in full extension for sleeping and all activity*
- Off for exercises and hygiene

Range of Motion (ROM): 0–90° when non-weight bearing

Exercises:

- Heel slides
- Quadriceps sets
- Patellar mobilizations
- Straight leg raises (SLR)
- Short arc quadriceps (SAQ)**
- No weight bearing with flexion >90°

PHASE II (2–6 weeks)

Weight Bearing: NWB; brace can be unlocked 0–90°

Brace:

- 2–6 weeks: Unlocked 0–90°, off at night
- Discontinue brace at 6 weeks

Range of Motion (ROM): As tolerated

Exercises:

- Addition of heel raises
- Total Gym (closed chain)
- Terminal knee extensions***
- Activities with brace until 6 weeks; then without brace as tolerated

- No weight bearing with flexion $>90^\circ$
-

PHASE III (6–12 weeks)

Weight Bearing: Full

Brace: None

Range of Motion (ROM): Full

Exercises:

- Progress closed chain activities
 - Begin hamstring strengthening
 - Lunges and leg press $0-90^\circ$
 - Proprioception exercises
 - Balance, core, hip, and glute strengthening
 - Begin stationary bike when able
-

PHASE IV (12–20 weeks)

Weight Bearing: Full

Brace: None

Range of Motion (ROM): Full

Exercises:

- Progress Phase III exercises and functional activities
 - Single leg balance
 - Core, glutes
 - Eccentric hamstrings
 - Elliptical and bike
 - Swimming allowed at 12 weeks
 - Advance to sport-specific drills, running, and jumping after 16 weeks once cleared by MD
-

* Brace may be removed for sleeping after first post-operative visit (day 7–10)

** Avoid any tibial rotation for 8 weeks to protect the meniscus