# ALL-INSIDE MENISCUS REPAIR REHABILITATION PROTOCOL

| | WEIGHT BEARING | BRACE | ROM | EXERCISES |
|---|---|---|---|---|
| **PHASE I**<br>0-2 weeks | Heel touch weightbearing with crutches | Locked in full extension for sleeping and all activity*<br><br>Off for exercises and hygiene | 0-90° when non-weight bearing | Heel slides, quad sets, patellar mobs, SLR, SAQ, calf pumps, passive leg hangs to 90<br><br>**No weight bearing with flexion >90° or tibial rotation to protect meniscus** |
| **PHASE II**<br>2-8 weeks | **2-6 weeks:** Heel touch WB with crutches<br><br>**6-8 weeks**: Progress to full WB | **2-8 weeks:** Brace worn daytime only, unlocked 0-90°<br><br>Discontinue brace by 8 weeks when comfortable WB | As tolerated, caution with flexion >90° to protect meniscus | **2-6wks:** PROM/AAROM to tolerance, patella and tibiofibular joint mobs, floor and side-lying quad, hamstring, glutes, hip and core<br><br>**6-8wks:** Addition of heel raises, closed chain lower body, gait normalization, eccentric quads/hamstrings; advance core, glutes and pelvic stability<br><br>Activities w/ brace until 6 weeks; then w/o brace as tolerated<br><br>**No weight bearing with flexion >90° or tibial rotation to protect meniscus** |
| **PHASE III**<br>8-12 weeks | Full | None | Full, caution with flexion >90° to protect meniscus | Progress closed chain activities<br><br>Begin unilateral stance activities, balance training, lunges/leg press 0-90°, proprioception exercises, progress core/hip/glutes, hamstring work |
| **PHASE IV**<br>12-16 weeks | Full | None | Full | Progress Phase III exercises and functional activities; maximize core/glutes, pelvic stability work, eccentric hamstrings, balance<br><br>Begin stationary bike at 12 wks with low resistance<br><br>Swimming okay at 12 wks |
| **PHASE V**<br>> 16 weeks | Full | None | Full | Start elliptical and running after 16 weeks<br><br>Advance to sport-specific drills and running after 16-20 weeks as tolerated |

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

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