

ALL-INSIDE MENISCUS REPAIR REHABILITATION PROTOCOL

	WEIGHT BEARING	BRACE	ROM	EXERCISES
PHASE I 0-2 weeks	Heel touch weightbearing with crutches	Locked in full extension for sleeping and all activity* 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 No weight bearing with flexion >90° or tibial rotation to protect meniscus
PHASE II 2-8 weeks	2-6 weeks: Heel touch WB with crutches 6-8 weeks: Progress to full WB	2-8 weeks: Brace worn daytime only, unlocked 0-90° 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 6-8wks: Addition of heel raises, closed chain lower body, gait normalization, eccentric quads/hamstrings; advance core, glutes and pelvic stability Activities w/ brace until 6 weeks; then w/o brace as tolerated No weight bearing with flexion >90° or tibial rotation to protect meniscus
PHASE III 8-12 weeks	Full	None	Full, caution with flexion >90° to protect meniscus	Progress closed chain activities Begin unilateral stance activities, balance training, lunges/leg press 0-90°, proprioception exercises, progress core/hip/glutes, hamstring work
PHASE IV 12-16 weeks	Full	None	Full	Progress Phase III exercises and functional activities; maximize core/glutes, pelvic stability work, eccentric hamstrings, balance Begin stationary bike at 12 wks with low resistance Swimming okay at 12 wks
PHASE V > 16 weeks	Full	None	Full	Start elliptical and running after 16 weeks 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)