

Bonnie P. Gregory, MD
MENISCAL REPAIR, ALL-INSIDE
REHABILITATION PROTOCOL

	WEIGHT BEARING	BRACE	ROM	EXERCISES
<i>PHASE I</i> <i>0-2 weeks</i>	Full in Brace locked in extension***	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** No weight bearing with flexion >90°
<i>PHASE II</i> <i>2-6 weeks</i>	2-4 weeks: Full in Brace unlocked 0-90 ° 4-6 weeks: Full w/o brace	2-6 weeks: Unlocked 0-90 ° Off at night Discontinue brace at 6 weeks	As tolerated	Addition of heel raises, total gym (closed chain), terminal knee extensions Activities w/ brace until 6 weeks; then w/o brace as tolerated No weight bearing with flexion >90°
<i>PHASE III</i> <i>6-12 weeks</i>	Full	None	Full	Progress closed chain activities Begin hamstring work, lunges/leg press 0-90 °, proprioception exercises, balance/core/hip/glutes Begin stationary bike when able
<i>PHASE IV</i> <i>12-20 weeks</i>	Full	None	Full	Progress Phase III exercises and functional activities: single leg balance, core, glutes, eccentric hamstrings, elliptical, and bike Swimming okay at 12 weeks Advance to sport-specific drills and running/jumping after 16 weeks once cleared by MD

- ❖ Avoid any tibial rotation for 8 weeks to protect meniscus
- ❖ Weight bearing status may vary depending on nature of meniscus repair. Please refer to specific PT Rx provided to patient for confirmation of WB status

For any questions or concerns regarding the protocol or rehabilitation process please contact

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