

MENISCAL REPAIR, ALL-INSIDE

Rehab Protocol

	WEIGHT BEARING	BRACE	ROM	EXERCISES
PHASE I 0-2 weeks	Non weight bearing Brace locked in extension for walking. unlocked 0-90 at rest	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°
PHASE II 2-6 weeks	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°
PHASE III 6-12 weeks	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
PHASE IV 12-20 weeks	Full	None	Full	Progress Phase III exercises and functional activities: single leg balance, core, glutes, eccentric hamstrings, elliptical, and bike Swimming okay at 12 wks Advance to sport-specific drills and running/jumping after 16 wks 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 meniscus



OkorohaPA@gmail.com



600 Hennepin Avenue,
 Minneapolis MN 55403



Admin Assistant
 612-313-0531



OkorohaPA@gmail.com



600 Hennepin Avenue,
Minneapolis MN 55403



Admin Assistant
612-313-0531