

Meniscus Repair, All-Inside Rehabilitation Protocol

| | Weight-bearing | Brace | Range of Motion | Exercises |
|------------------------------|--|--|--|--|
| Phase 1 0-2 weeks | Full with brace locked in extension only | Locked in full extension at all times Off for hygiene and home exercise only | Gentle passive 0-90° | Calf pumps, patellar mobilization, quadriceps tightening sets and SLR in brace . No weight-bearing motion. |
| Phase 2 2-6 weeks | 2-4 weeks: Full with brace unlocked 0-90° 4-6 weeks: Full without brace | 2-6 weeks: Unlocked 0-90° Off at night Discontinue brace at 6 weeks | Advance motion to regain full passive motion | Add side-lying hip and core, advance quad set and stretching ^a In brace: Addition of heel raises, total gym (closed chain), gait normalization, eccentric quads, eccentric hamstrings. Advance core work with hip, gluteal and core strengthening No weight-bearing with flexion >90° |
| Phase 3 6-12 weeks | Full | None | Full | Progress closed chain activities. Advance hamstring exercises, proprioception & balance exercises, lunges & leg press 0-90° only Advance core work with hip, gluteal and core strengthening Begin Stationary Bike at 6 weeks |
| Phase 4 3-5 months | Full | None | Full | Progress Phase III exercises and functional activities: walking lunges, planks, bridges, Swiss ball, half-Bosu exercises Advance core work with hip, gluteal and core strengthening Swimming allowed at 12 weeks Advance to running/jumping and sport specific drills at 16 weeks. |

CPM – continuous passive motion machine; SLR – Straight-leg raise;

^aAvoid tibial rotation for first 6 weeks.

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