



Daniel J. Kaplan, MD
 Assistant Professor of Orthopaedic Surgery
 Chief, Division of Sports, Bellevue Hospital
 Telephone number: 929-455-2500

ALL-INSIDE MENISCUS REPAIR REHABILITATION PROTOCOL

Phase I (Weeks 0-6): **TTWB→PWB, Brace**

- **Weightbearing:**
 - Touch-down weight bearing (0%) with brace locked in extension (**Weeks 0-2**)
 - Partial weight bearing (25%) as tolerated with brace locked in extension (**Weeks 2-4**)
 - Partial weight bearing (50%) as tolerated with brace unlocked (**Weeks 5-6**)
 - **Hinged Knee Brace: worn for 6 weeks post-op**
 - Locked in full extension for ambulation (**Weeks 0-4**) and sleeping – remove for hygiene and PT
 - Unlocked for ambulation and sleeping (**Weeks 4-6**) – remove for hygiene and PT
 - **Range of Motion: AAROM → AROM as tolerated**
 - **Weeks 0-4:** No flexion greater than 90°
 - **Weeks 4-6:** Full ROM as tolerated – progress to flexion angles greater than 90°
 - **Therapeutic Exercises**
 - Quad/Hamstring sets, heel slides, straight leg raises, co-contractions
 - Isometric abduction and adduction exercises
 - Patellar Mobilizations
 - At **6 weeks:** can begin partial wall-sits – keep knee flexion angle less than 90°
-

Phase II (Weeks 6-12): **WBAT, Wean from Brace**

- **Weightbearing:** As tolerated – discontinue crutches
 - **Hinged Knee Brace:** Discontinue when patient has achieved full extension with no extension lag (typically by week 8)
 - **Range of Motion:** Full active ROM
 - **Therapeutic Exercises**
 - Closed chain extension exercises, Hamstring strengthening
 - Leg press – 0-90°
 - Proprioception exercises
 - Begin use of the stationary bicycle
-

Phase III (Weeks 12-16): **Begin jogging/sport-specific drills**

- **Weightbearing:** Full weightbearing with normal gait pattern
 - **Range of Motion:** Full/Painless ROM
 - **No Deep knee bends for 4 months**
 - **Therapeutic Exercises**
 - Continue with quad and hamstring strengthening
 - Focus on single-leg strength
 - Begin jogging/running
 - Plyometrics and sport-specific drills
-

Phase IV (Months 4-6):

- Gradual return to athletic activity as tolerated
- Maintenance program for strength and endurance