

**MENISCAL REPAIR- ALL-INSIDE  
REHABILITATION PROTOCOL  
Dr Carson (Revised 3/22/18)**

**ATTENTION PHYSICAL THERAPIST: STRESS IMPORTANCE OF THE FOLLOWING:**

- Place patient in brown compression stocking (20-30 mmHg) at first PT appointment. Wear during daytime only and d/c at night—instruct patient/family member how to don/doff stocking
  - May discharge when no swelling or effusion- typically 3-4 weeks p/o
- Stress early knee extension. Should reach full knee ext by 2 weeks post-op.
- Stress no pillows under popliteal fossa. Always under calf/heel only to progress knee extension.

	<b>WEIGHT BEARING</b>	<b>BRACE</b>	<b>ROM</b>	<b>EXERCISES</b>
<b>PHASE 1</b> 0-2 weeks	Full with brace locked in extension	Locked in extension for sleeping and all activity  Off for exercises and hygiene	0-90° in NWB	Heel slides, quad sets, patellar mobs, SLR, SAQ
<b>PHASE 2</b> 2-6 weeks	Full with brace locked in extension	Unlocked 0-90°  Discontinue at 6 weeks	0-90° in NWB	Addition of heel raises, total gym (closed chain), terminal knee extension  Activities with brace until 6 weeks; then w/o brace as tolerated; Scar mobs 4-6 weeks when adequate healing
<b>PHASE 3</b> 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
<b>PHASE 4</b> 12-20 weeks	Full	None	Full	Progress phase 3 exercises and functional activities, single leg balance, core, glutes, eccentric hamstrings, elliptical