



MENISCAL REPAIR (ALL INSIDE)

Post-Operative Rehabilitation Protocol

0-2 weeks

- NWB for 2 weeks with brace locked in extension
- AROM/PROM: 0-90° with focus on achieving full extension
- Patella mobilization
- SLR supine with brace locked at 0°
- Quad sets with brace locked at 0°
- Heel slides
- Ankle pumps

2-4 weeks

- Begin WBAT progression: start with PWB (25% then 50%) and continue to progress
- Unlock brace if full extension is maintained
- Avoid weight-bearing beyond 90° of knee flexion
- Continue progressing ROM until full, maintaining full extension

4-8 weeks

- Transition to full WBAT with brace unlocked
- Discontinue brace when adequate quad strength is achieved (typically around 4 weeks)
- Discontinue crutches when gait is normalized and non-antalgic
- Wall sits to 90°

8-12 weeks

- Continue with full ROM
- Progress closed chain exercises
- Lunges (0-70°)
- Leg press (0-70°)
- Begin stationary bike

12-16 weeks

- Continue progressing strengthening exercises
- Focus on single-leg strengthening
- Begin jogging and progress to running
- Advance sports-specific exercises

Note: Progression through these phases should be based on individual recovery, with all exercises adjusted as necessary under the guidance of your surgeon and physical therapist. Regular follow-ups with the surgical team are crucial to ensure optimal recovery