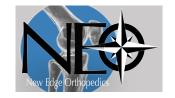
## MENISCAL REPAIR, ALL-INSIDE REHABILITATION PROTOCOL

	WEIGHT BEARING	BRACE	ROM	EXERCISES
PHASE I 0-2 weeks	Full in Brace locked in extension***	Locked in full extension for sleeping and all activity*	0-90° when non- weight bearing	Heel slides, quad sets, patellar mobs, SLR, SAQ**
				No weight bearing with flexion >90°
		Off for exercises and hygiene		
PHASE II 2-6 weeks	2-4 weeks: Full in Brace unlocked 0-90°	<b>2-6 weeks</b> : Unlocked 0-90°	As tolerated	Addition of heel raises, total gym (closed chain), terminal
	4-6 weeks: Full w/o brace	Off at night		knee extensions**
		Discontinue brace at 6 weeks		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

<sup>\*</sup>Brace may be removed for sleeping after first post-operative visit (day 7-10)



<sup>\*\*</sup>Avoid any tibial rotation for 8 weeks to protect meniscus

<sup>\*\*\*</sup>Weight bearing status may vary depending on nature of meniscus repair. Please refer to specific PT Rx provided to patient for confirmation of WB status