

POST-OPERATIVE REHABILITATION PROTOCOL

All-Inside Meniscus Repair

William McLaughlin, MD | Sports Medicine Surgery | Advanced Bone & Joint

Phase 1 | 0-2 Weeks

GOALS FOR THIS PHASE

- Protect the meniscus repair with brace in extension.
- Maintain TDWB with crutches.
- Achieve ROM 0-90° (active and passive).
- Initiate quadriceps activation and patellar mobility.

Weight Bearing & Bracing

- TDWB in brace in extension with crutches.
- Brace in extension for sleeping during weeks 0-2.

Range of Motion

- Active/passive ROM 0-90°.

Therapeutic Exercises

- Quad sets, SLR, heel slides.
- Patellar mobilization.

Phase 2 | 2-4 Weeks

GOALS FOR THIS PHASE

- Advance to FWBAT.
- Unlock brace once quadriceps control is adequate.
- Progress ROM until full.
- Avoid weight bearing past 90° flexion.

Weight Bearing & Bracing

- Advance to FWBAT (full weight-bearing as tolerated).
- May unlock brace once quadriceps control is adequate.

Range of Motion

- Progress with ROM until full.

Precautions

- No weight bearing with knee flexion past 90°.

Phase 3 | 4-8 Weeks

GOALS FOR THIS PHASE

- WBAT with brace unlocked.
- Discontinue brace when quadriceps strength is adequate (typically 4-6 weeks).
- Discontinue crutches when gait is normalized.
- Initiate closed-chain strengthening.

Weight Bearing & Bracing

- WBAT with brace unlocked.
- Discontinue brace when quadriceps strength is adequate (typically 4-6 weeks).
- Discontinue crutches when gait is normalized.

Therapeutic Exercises

- Wall sits to 90°.

Phase 4 | 8-12 Weeks

GOALS FOR THIS PHASE

- Full WBAT without brace.
- Full ROM.
- Progress closed-chain exercises and proprioception.
- Initiate stationary bike.

Weight Bearing

- WBAT without brace.

Range of Motion

- Full ROM.

Therapeutic Exercises

- Progress with closed-chain exercises.
- Lunges from 0-90°.
- Leg press 0-90°.
- Proprioception exercises.
- Begin stationary bike.

Phase 5 | 12-16 Weeks

GOALS FOR THIS PHASE

- Progress strengthening exercises and single-leg strengthening.
- Begin jogging and progress to running.
- Initiate sport-specific exercise.

Therapeutic Exercises

- Progress strengthening exercises.
- Single-leg strengthening.
- Begin jogging and progress to running.
- Sport-specific exercise.

This protocol is a general guideline. Progression is patient-specific and at the discretion of William McLaughlin, MD.