



## Post-Operative Rehabilitation for All-Inside Meniscal Repair

### Phase I: Weeks 0-2

- Weight bearing as tolerated, **No weight bearing with flexion >90°**
- ROM:
  - Goal is symmetric extension (including hyperextension)
  - Flexion: 0-90° ( Non weight bearing)
  - **AVOID** any tibial rotation for 8 weeks to protect meniscus
- Exercises
  - Heel slides, quad sets, patellar mobs, SLR
  - Ankle pumps, heel props, calf stretching

### Phase II: Weeks 2-6

- Weight bearing as tolerated; **No weight bearing with flexion >90°**
- ROM:
  - **AVOID** any tibial rotation for 8 weeks to protect meniscus
  - Maintain symmetric extension
  - Progress as tolerated; with no weight bearing flexion >90°
- Exercises:
  - Maintenance of core/glute/hip strength and balance programs
  - Addition of heel raises, closed chain exercises, terminal knee extensions

### Phase III: Weeks 6-12

- ROM: FULL
  - **AVOID** any tibial rotation for 8 weeks to protect meniscus
- Exercises:
  - Progress closed chain exercises
  - Begin Hamstring work: Lunges 0-90°
  - Proprioception exercise
  - Maintain core/glute/hip strength
  - May begin stationary bike

### Phase IV: Weeks 12-20

- ROM: Full
- Exercises:
  - Progress Phase III exercises and functional activities
  - Add Single leg balance/proprioception exercise
  - Continue to maintain core/hip/glute strength
  - Begin eccentric hamstring exercise
  - Stationary bike, elliptical
  - Swimming at 12 weeks
  - Advance to sport-specific drills and running/jumping AFTER MD CLEARANCE (16 weeks)