Baylor Scott & White
ORTHOPEDIC ASSOCIATES OF DALLAS
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All-Inside Meniscus Repair

REHABILITATION PROTOCOL

PHASE	RANGE OF MOTION	BRACE / WEIGHT BEARING	THERAPEUTIC EXERCISE
Phase I **0–2 weeks** GOAL TO ADVANCE *Flexion 90°; leg raise without lag*	Gentle passive 0-90°; full extension	Full weight bearing with brace locked straight (off for hygiene and exercise)	Calf pumps, kneecap mobilization, quad sets, straight-leg raises in brace. No weight-bearing knee bending
Phase II **2–6 weeks** GOAL TO ADVANCE *Normal gait in brace*	Advance to full passive motion. No weight-bearing bending past 90°*	Full weight bearing; brace unlocked 0-90°, off at night; discontinue at 6 weeks	Hip, glute and core strengthening, heel raises, closed-chain work in brace. Avoid twisting on the knee for 6 weeks
Phase III **6–12 weeks** GOAL TO ADVANCE *Full motion; good single-leg control*	Full	Full; no brace	Stationary bike from 6 weeks; lunges and leg press 0-90°; hamstring strengthening; balance
Phase IV **3–5 months** GOAL TO ADVANCE *Strength ≥80-90% of other side*	Full; deep squatting after 4 months	Full	Walking lunges, bridges, core; swimming from 12 weeks; running, jumping and sport drills from 16 weeks**

NOTES

*Deep loaded bending (squatting, kneeling) puts the highest stress on the repair

**If approved by physician