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REHABILITATION PROTOCOL – MENISCAL REPAIR, ALL- INSIDE/OUTSIDE-IN/INSIDE-OUT

Phase I (0-2 weeks)

Weight-Bearing: foot flat with brace locked in extension

Brace: locked in extension when ambulating; off while sitting, sleeping, ROM exercises

ROM (passive): 0-90°

Exercises:

- Quad sets, patellar mobilization, straight leg raises, ankle pumps

Phase II (2-6 weeks)

Weight-Bearing: 50% until week 4; then advance as tolerated

Brace: locked in extension when ambulating. Open 0-90° when ambulating weeks 5-6

ROM (passive): full

Exercises:

- Continue as above
- Closed chain exercises limited to 0-60° knee flexion
- Core, hip strengthening; gait training; stationary bike at 4 weeks

Phase III (6-12 weeks)

Weight-Bearing: as tolerated

Brace: none

ROM: full

Exercises:

- Continue as above
- Closed chain exercises (hamstrings, quads, glutes) – start at 0-90°; advance as tolerated
- Proprioception exercises
- Stationary bike

Phase IV: (12-20 weeks):

Weight-Bearing: as tolerated

Brace: none

ROM: full

Exercises:

- Continue as above
- Advance to eccentric exercises (hamstrings, glutes, quads)
- Elliptical, stationary bike, swimming
- Start sport specific exercises at week 16 if cleared by Dr. Welch

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