

KNEEbraska
 Matthew R. Byington, DO
 Orthopaedic Surgeon—Board Certified
 Sports Medicine & Arthroscopic Surgery // Knee & Shoulder Reconstruction
 Prairie Orthopaedic & Plastic Surgery 4130 Pioneer Woods Dr, Suite 1, Lincoln, NE 68506
 Phone: (402) 489-4700 Fax: (402) 489-5220
www.KNEEbraska.com // www.drmatbyington.com // www.prairie-ortho.com

MENISCAL REPAIR, ALL-INSIDE REHABILITATION PROTOCOL

	WEIGHT BEARING	BRACE	ROM	EXERCISES
PHASE I 0-2 weeks	FWB with brace locked in extension***	Locked in full extension for sleeping and all activity* Off for exercises and hygiene	0-90 degrees when NWB	Heel slides, quad sets, patellar mobs, SLR, SAQ** NO weight bearing with flexion >90 degrees
PHASE II 2-6 weeks	2-4 weeks: FWB with brace unlocked 0-90 degrees 4-6 weeks: full w/o brace	2-6 weeks: Unlocked 0-90 degrees Off at night D/C at 6 weeks	As tolerated	Add heel raises, total gym (closed chain), terminal knee extensions ** Keep brace on with activities until 6 weeks; wean as tolerated NO weight bearing with flexion > 90 degrees
PHASE III 6-12 weeks	Full	NA	Full	Progress closed chain exercise Begin hamstring work, leg press/lunges 0-90 degrees, balance/core/glutes/hips Begin stationary bike
PHASE IV 12-20 weeks	Full	NA	Full	Progress Phase III, add functional activities (SLS, core, eccentric hamstrings, elliptical, bike) 16 weeks and clearance from surgeon: Sport-specific drills and running/jumping

*Brace may be removed for sleeping after first post-op visit (day 7-10).

**Avoid any tibial rotation x 8 weeks to protect repair.

***Weight bearing status may vary depending on repair. Please confirm weight bearing status.