

Post-Operative Rehabilitation Guidelines for Meniscal Repairs (Inside Out) -

Rehab Protocol

0-2 Weeks:

- TDWB in brace in extension with crutches
- Brace in extension for sleeping 0-2 wks
- Active/Passive ROM 0-90 degrees
- Quad sets, SLR, Heel Slides
- Patellar Mobilization

2-4 Weeks:

- Advance to FWBAT
- May unlock brace
- Progress with ROM until full
- No weight bearing with knee flexion past 90 degrees

4-8 Weeks:

- WBAT with brace unlocked
- D/C brace when quad strength adequate (typically around 4 weeks)
- D/C crutches when gait normalized
- Wall sits to 90 degrees

8-12 Weeks:

- WBAT without brace
- Full ROM
- Progress with closed chain exercises
- Lunges from 0-90 degrees
- Leg press 0-90 degrees
- Proprioception exercises
- Begin Stationary Bike

12-16 Weeks:

- Progress Strengthening exercises
- Single leg strengthening
- Begin jogging and progress to running
- Sports specific exercise