# Meniscal Repair, Inside-Out Rehabilitation Protocol

## Phase I

**0-2 weeks**
- **Weight Bearing:** Partial weight bearing with crutches***
- **Brace:** Locked in full extension for sleeping and all activity*
- **ROM:** 0-90° when non-weight bearing
- **Exercises:** Heel slides, quad sets, patellar mobs, SLR, SAQ**

**No weight bearing with flexion >90°**

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## Phase II

**2-8 weeks**
- **0-4 weeks:** 50% WB with crutches
- **4-8 weeks:** Progress to full WB
- **2-6 weeks:** Unlocked 0-90°
- **As tolerated:**

**Exercises:**
- Addition of heel raises, total gym (closed chain), terminal knee extensions**
- Activities w/ brace until 6 weeks; then w/o brace as tolerated

**No weight bearing with flexion >90°**

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## Phase III

**8-12 weeks**
- **Full**
- **None**
- **Full**

**Exercises:**
- Progress closed chain activities
- Begin hamstring work, lunges/leg press 0-90°, proprioception exercises, balance/core/hip/glutes
- Begin stationary bike

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## Phase IV

**12-20 weeks**
- **Full**
- **None**
- **Full**

**Exercises:**
- Progress Phase III exercises and functional activities: single leg balance, core, glutes, eccentric hamstrings, elliptical, and bike
- Swimming okay at 16 wks

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## Phase V

**> 20 weeks**
- **Full**
- **None**
- **Full**

**Exercises:**
- Advance to sport-specific drills and running/jumping once cleared by MD

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

**Avoid any tibial rotation for 8 weeks to protect meniscus

***Weight bearing status may vary depending on nature of meniscus repair. Please refer to specific PT Rx provided to patient for confirmation of WB status

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