INSIDE-OUT MENISCUS REPAIR REHABILITATION PROTOCOL

	WEIGHT BEARING	BRACE	ROM	EXERCISES
PHASE I 0-2 weeks	Heel touch weightbearing with crutches	Locked in full extension for sleeping and all activity* Off for exercises and hygiene	0-90° as tolerated when non-weight bearing	**0-2 weeks:** Quad sets, SLR, calf pumps, passive leg hangs to 90° at home, heel slides, SAQ **No weight bearing with flexion >90° or tibial rotation to protect meniscus**
PHASE II 2-8 weeks	**2-6 weeks:** Heel touch WB with crutches **6-8 weeks**: Progress to full WB	**2-8 weeks:** Brace worn daytime only, unlocked 0-90° Discontinue brace by 8 weeks when comfortable WB	0-90° as tolerated when non-weight bearing Caution with flexion > 90°	**2-6 weeks:** PROM/AAROM to tolerance, patella and tibiofibular joint mobs, floor and side-lying quad, hamstring, glutes, hip and core **6-8 weeks:** Addition of heel raises, closed chain exercises, gait normalization, eccentric quads, eccentric hamstrings; advance core, glutes and pelvic stability Activities w/ brace until 6 weeks; then w/o brace as tolerated **No weight bearing with flexion >90° or tibial rotation to protect meniscus**
PHASE III 8-12 weeks	Full	None	Full, caution with flexion >90° to protect meniscus	Progress closed chain activities Begin unilateral stance activities, balance training, hamstring work, hip/core/glutes, lunges/leg press 0-90°, proprioception exercises
PHASE IV 12-16 weeks	Full	None	Full	Advance Phase III exercises and functional activities; maximize core/glutes, pelvic stability work, eccentric hamstrings, balance Begin stationary bike at 12 weeks with low resistance Swimming as tolerated after 12 weeks Elliptical as tolerated after 16 weeks
PHASE V > 4 months	Full	None	Full	Start elliptical and running after 16 weeks Advance to sport-specific drills and running after 16-20 weeks as tolerated

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

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