

## Rehabilitation Guidelines for Meniscal Repair (All Inside)

Weeks 0-2
<ul style="list-style-type: none"><li>• TDWB in brace in extension with crutches</li><li>• Brace in extension for sleeping 0-2 wks</li><li>• Active/Passive ROM 0-90 degrees</li><li>• Quad sets, SLR, Heel Slides</li><li>• Patellar Mobilization</li></ul>
Weeks 2-4
<ul style="list-style-type: none"><li>• Advance to FWBAT</li><li>• May unlock brace</li><li>• Progress with ROM until full</li><li>• No weight bearing with knee flexion past 90 degrees</li></ul>
Weeks 4-8
<ul style="list-style-type: none"><li>• WBAT with brace unlocked</li><li>• D/C brace when quad strength adequate (typically around 4 weeks)</li><li>• D/C crutches when gait normalized</li><li>• Wall sits to 90 degrees</li></ul>
Weeks 8-12
<ul style="list-style-type: none"><li>• WBAT without brace</li><li>• Full ROM</li><li>• Progress with closed chain exercises</li><li>• Lunges from 0-90 degrees</li><li>• Leg press 0-90 degrees</li><li>• Proprioception exercises</li><li>• Begin Stationary Bike</li></ul>
Weeks 12+
<ul style="list-style-type: none"><li>• Progress Strengthening exercises</li><li>• Single leg strengthening</li><li>• Begin jogging and progress to running</li><li>• Sports specific exercise</li></ul>