

Rehabilitation Guidelines for Meniscal Repair (Inside Out)

Weeks 0-2
<ul style="list-style-type: none">• 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
Weeks 2-4
<ul style="list-style-type: none">• Advance to FWBAT• May unlock brace• Progress with ROM until full• No weight bearing with knee flexion past 90 degrees
Weeks 4-8
<ul style="list-style-type: none">• 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
Weeks 8-12
<ul style="list-style-type: none">• 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
Weeks 12+
<ul style="list-style-type: none">• Progress Strengthening exercises• Single leg strengthening• Begin jogging and progress to running• Sports specific exercises