

Post-Operative Rehabilitation Guidelines for Inside-Out Meniscus Repair

	WEIGHT BEARING	BRACE	ROM	EXERCISES
PHASE I 0-2 weeks	Partial weight bearing with crutches***	Locked in full extension for sleeping and all activity* Off for exercises and hygiene	0-90° when non-weight bearing	Heel slides, quad sets, patellar mobs, SLR, SAQ** No weight bearing with flexion >90°
PHASE II 2-8 weeks	2-4 weeks: 50% WB with crutches 4-8 weeks: Progress to full WB	2-6 weeks: Unlocked 0-90° Off at night Discontinue brace at 6 weeks	As tolerated	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°
PHASE III 8-12 weeks	Full	None	Full	Progress closed chain activities Begin hamstring work, lunges/leg press 0-90°, proprioception exercises, balance/core/hip/glutes Begin stationary bike
PHASE IV 12-20 weeks	Full	None	Full	Progress Phase III exercises and functional activities: single leg balance, core, glutes, eccentric hamstrings, elliptical, and bike Swimming okay at 16 wks
PHASE V > 20 weeks	Full	None	Full	Advance to sport-specific drills and running/jumping once cleared by MD