

## MENISCAL REPAIR, INSIDE-OUT REHABILITATION PROTOCOL

	WEIGHT BEARING	BRACE	ROM	EXERCISES
<i>PHASE I</i> 0-2 weeks	Partial WB with assistive device	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** <b>No weight bearing with flexion &gt;90</b>
<i>PHASE II</i> 2-8 weeks	2 weeks- progress to full WB	<b>4 weeks:</b> Unlocked 0-90 Off at night Discontinue brace at 4 weeks (with demonstration of 5 SLR without lag)	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 <b>No weight bearing with flexion &gt;90<sup>∞</sup></b>
<i>PHASE III</i> 8-12 weeks	Full	None	Full	Progress closed chain activities Begin hamstring work, lunges/leg press 0-90 <sup>∞</sup> , proprioception exercises, balance/core/hip/glutes Begin stationary bike
<i>PHASE IV</i> 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
<i>PHASE V</i> > 20 weeks	Full	None	Full	Advance to sport-specific drills and running/jumping once cleared by MD