

Rehabilitation Protocol: Inside-Out Meniscus Repair

Phase I: 0-2 weeks

- Brace: Locked at 0 degrees extension for ambulation & sleeping
- ROM: 0-90 deg permitted when not weightbearing with emphasis on full extension
- Weightbearing: Non-weightbearing - brace must be locked in extension during ambulation/mobilization
- Exercises:
 - Patella mobilization
 - Straight leg raise supine with brace locked at 0 degrees
 - Quad sets
 - Ankle pumps
 - Heel slides to 90 deg

Phase II: 2-6 weeks

- Brace: Brace locked in extension while mobilizing, okay to unlock 0-90 deg maximum. Locked at 0 deg for sleeping.
- ROM: 0-90 deg
- Weightbearing: Non-weightbearing until end of week 4. Progress to PWB with brace in extension weeks 5 & 6
- Exercises:
 - Heel raises
 - Closed chain exercises
 - Terminal knee extensions
 - No loading with knee in flexion
 - Avoid tibial rotation until 8 weeks to protect meniscus

Phase III: 6-12 weeks

- Brace: wean out of brace over two week period
- ROM: gradually progress to full
- Weightbearing: start WBAT in extension in brace, then begin unlocking brace when quad control adequate
- Exercises:
 - Progress closed chain activities
 - Begin hamstring work
 - Lunges/leg press 0-90 deg
 - Proprioception exercises
 - Balance/core/hip/glutes
 - Begin stationary bike when able
 - Initiate step-down program & retrograde treadmill ambulation
 - Avoid tibial rotation until 8 weeks to protect meniscus

Phase IV: 12-16 weeks

- Brace: none
- ROM: full
- Weightbearing: WBAT
- Exercises:
 - Progress phase III exercises and functional activities
 - Single leg balance, core, glutes, eccentric hamstrings, elliptical, and bike

- Swimming permitted at 12 weeks

Phase V:
16+ weeks

- Brace: none
 - ROM: full
 - Weightbearing: WBAT
 - Exercises:
 - Sport-specific drills and running/jumping after cleared by MD
 - Return to sport-- MD directed, typically 5 months depending on sport
 - *May require functional sports assessment prior to clearance to return to sport
- **Weightbearing status may vary depending on nature of meniscal repair****