JT
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ORTHOPAEDIC SURGERY | SPORTS MEDICINE

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

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- 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

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