



Post-Operative Rehabilitation for Inside-Out Meniscal Repair

Phase I: Weeks 0-2

- Toe Touch Weight bearing with crutches
- ROM:
 - Goal is symmetric extension (including hyperextension)
 - Flexion: 0-90°, (**No weight bearing with flexion >90°**)
 - **AVOID** any tibial rotation for 8 weeks to protect meniscus
- Exercises
 - Heel slides, quad sets, patellar mobs, SLR
 - Ankle pumps, heel props, calf stretching

Phase II: Weeks 2-8

- Weeks 2-4: Weight bearing 50% BW with crutches
- Weeks 4-8 May progress weight bearing as tolerated to full.
- ROM:
 - **AVOID** any tibial rotation for 8 weeks to protect meniscus
 - Maintain symmetric extension
 - Progress as tolerated; **with no weight bearing flexion >90°**
- Exercises:
 - Maintenance of core/glute/hip strength and balance programs
 - Addition of heel raises, closed chain exercises, terminal knee extensions

Phase III: Weeks 8-12

- ROM: FULL
- Exercises:
 - Progress closed chain exercises
 - Begin Hamstring work: Lunges 0-90°
 - Proprioception exercise
 - Maintain core/glute/hip strength
 - May begin stationary bike

Phase IV: Weeks 12-20

- ROM: Full
- Exercises:
 - Progress Phase III exercises and functional activities
 - Add Single leg balance/proprioception exercise
 - Continue to maintain core/hip/glute strength
 - Begin eccentric hamstring exercise
 - Stationary bike, elliptical
 - Swimming at 12 weeks

Phase V: Weeks 20+

- Advance to sport-specific drills and running/jumping AFTER MD CLEARANCE