



Orthopaedic Associates of Zanesville
Sports Medicine Division Physical Therapy
Protocols
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Rehabilitation Guidelines for Meniscal Repair (Inside Out)

The intent of this protocol is to provide the clinician with a general guideline of the post-operative course of the patient that has undergone the above stated procedure. It is by no means intended to substitute for one's clinical decision making regarding the progression of a patient's post-operative course based on their physical exam findings, individual progress, and/or the presence of possible post-operative complications. If a clinician requires assistance in the progression, please contact the referring surgeon's office.

0-2 Weeks:

- TTWB in brace in extension with crutches
- Brace in extension for sleeping 0-2 wks
- Active/Passive ROM 0-90 degrees
- Quad sets, SLR, Heel Slides
- Patellar Mobilization

2-4 Weeks:

- Advance to FWBAT
- May unlock brace
- Progress with ROM until full
- No weight bearing with knee flexion past 90 degrees

4-8 Weeks:

- WBAT with brace unlocked
- D/C brace when quad strength adequate (typically around 4 weeks)
- D/C crutches when gait normalized
- Wall sits to 90 degrees

8-12 Weeks:

- WBAT without brace
- Full ROM
- Progress with closed chain exercises
- Lunges from 0-90 degrees
- Leg press 0-90 degrees
- Proprioception exercises
- Begin Stationary Bike

>12 Weeks:

- Progress Strengthening exercises
- Single leg strengthening
- Begin jogging and progress to running
- Sports specific exercise