



**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