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