

## Meniscus Repair, Inside-Out Rehabilitation Protocol

	Weight-bearing	Brace	Range of Motion	Exercises
<b>Phase 1</b> 0-2 weeks	Heel touch with crutches	Locked in full extension at all times  Off for hygiene and home exercise only	Gentle passive 0-90°	Calf pumps, patellar mobilization, quadriceps tightening sets and SLR in <b>brace</b> . No weight-bearing motion.
<b>Phase 2</b> 2-8 weeks	<b>2-4 weeks:</b> 50% weight bearing with brace unlocked 0-90°  <b>4-8 weeks:</b> Progress to full with brace unlocked 0-90° and discontinue brace at 6 weeks.	<b>2-6 weeks:</b> Unlocked 0-90° Off at night Discontinue brace at 6 weeks	Advance motion to regain full passive motion	Add side-lying hip and core, advance quad set and stretching <sup>a</sup>  <b>In brace:</b> Addition of heel raises, total gym (closed chain), gait normalization, eccentric quads, eccentric hamstrings.  Advance core work with hip, gluteal and core strengthening  <b>No weight-bearing with flexion &gt;90°</b>
<b>Phase 3</b> 8-12 weeks	Full	None	Full	Progress closed chain activities.  Advance hamstring exercises, proprioception & balance exercises, lunges & leg press <b>0-90° only</b>  Advance core work with hip, gluteal and core strengthening  Begin Stationary Bike at 8 weeks
<b>Phase 4</b> 3-5 months	Full	None	Full	Progress Phase III exercises and functional activities: walking lunges, planks, bridges, Swiss ball, half-Bosu exercises  Advance core work with hip, gluteal and core strengthening  Swimming allowed at 12 weeks  Advance to running/jumping and sport specific drills at 16 weeks when cleared by MD.

CPM – continuous passive motion machine; SLR – Straight-leg raise;

<sup>a</sup>Avoid tibial rotation for first 6 weeks.

**Matthew A. Varacallo MD**  
**Penn Highlands Healthcare – Orthopaedic Surgery & Sports Medicine**  
**145 Hospital Avenue, Suite 301**  
**DuBois, PA 15857**  
**O: 814-375-6200**  
**F: 814-375-6452**