



MENISCAL REPAIR (INSIDE OUT)

Post-Operative Rehabilitation Protocol

0-2 weeks

- NWB for 6 weeks with brace locked in extension
- ROM: 0-90°, focusing on achieving full extension
- Patella mobilization
- SLR supine with brace locked at 0°
- Quad sets with brace locked at 0°
- Ankle pumps
- Short crank (90mm) ergometry

2-4 weeks

- Continue NWB status until 6 weeks
- Brace locked in full extension until 6 weeks
- ROM: 0-125°, maintaining full extension
- Active knee extension to 40°
- Standard (170mm) ergometry (ROM >115°)

4-8 weeks

- Start WBAT progression, advancing to PWB (25%, then 50%) from 6 weeks
- Discontinue crutches once gait is normalized and non-antalgic
- Discontinue brace once adequate quad control is achieved
- Wall sits to 90°
- Leg press (80°-0° arc)
- Mini squats/weight shifts
- Proprioception training

8-12 weeks

- Transition to full WBAT without brace
- Full ROM
- Leg press (0-70°) and lunges (0-70°)

- Continue proprioception exercises
- Begin stationary bike

12-16 weeks

- Continue progressing strengthening exercises
- Focus on single-leg strengthening
- Start jogging and transition to running
- Advance sports-specific exercises

Note: Progression through these phases should be based on individual recovery, with all exercises adjusted as necessary under the guidance of your surgeon and physical therapist. Regular follow-ups with the surgical team are crucial to ensure optimal recovery