



Michigan Surgery Specialists

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## MENISCAL REPAIR, INSIDE OUT

### Rehab Protocol

	WEIGHT BEARING	BRACE	ROM	EXERCISES
<b>PHASE I</b> 0-2 weeks	Partial weight bearing with crutches***	Locked in full extension for sleeping and all activity*  Off for exercises and hygiene	0-90° when non-weight bearing	Heel slides, quad sets, patellar mobs, SLR, SAQ**  <b>No weight bearing with flexion &gt;90°</b>
<b>PHASE II</b> 2-8 weeks	<b>2-4 weeks:</b> 50% WB with crutches  <b>4-8 weeks:</b> Progress to full WB	<b>2-6 weeks:</b> Unlocked 0-90°  Off at night  Discontinue brace at 6 weeks	As tolerated	Addition of heel raises, total gym (closed chain), terminal knee extensions**  Activities w/ brace until 6 weeks; then w/o brace as tolerated  <b>No weight bearing with flexion &gt;90°</b>
<b>PHASE III</b> 8-12 weeks	Full	None	Full	Progress closed chain activities  Begin hamstring work, lunges/leg press 0-90°, proprioception exercises, balance/core/hip/glutes  Begin stationary bike
<b>PHASE IV</b> 12-20 weeks	Full	None	Full	Progress Phase III exercises and functional activities: single leg balance, core, glutes, eccentric hamstrings, elliptical, and bike  Swimming okay at 16 wks
<b>PHASE V</b> > 20 weeks	Full	None	Full	Advance to sport-specific drills and running/jumping once cleared by MD

\*Brace may be removed for sleeping after first post-operative visit (day 7-10)

\*\*Avoid any tibial rotation for 8 weeks to protect meniscus

\*\*\*Weight bearing status may vary depending on nature of meniscus repair. Please refer to specific PT Rx provided to patient for confirmation of WB status