



## Physical Therapy Protocol – Meniscus Repair – Inside Out

	Weight Bearing	ROM	Brace Use	Therapy*
Phase I 0-4 weeks	Toe-touch weight bearing with brace locked in extension	0-90°, <b>NWB only</b>  PROM: 0-90°	1-4 weeks: <i>locked</i> in full extension for ambulation and sleep	<ul style="list-style-type: none"> <li>• Modalities as needed. Heel slides, quad/hamstring sets, patella mobilizations, gastric/soleus stretch (<b>NWB</b>)</li> <li>• SLR with brace locked in full extension until patient has no extension lag</li> <li>•</li> </ul>
4-6 weeks	WBAT with brace locked in extension	Maintain full extension  Advance to full flexion as tolerated	4-6 weeks: <i>unlocked</i> for ambulation, locked for sleep	<ul style="list-style-type: none"> <li>• Modalities as needed</li> <li>• Heel slides, quad/hamstring sets, patella mobilizations, gastric/soleus stretch (<b>NWB</b>)</li> <li>• Add prone hangs and extension board as needed</li> <li>• SLR with brace unlocked.</li> <li>• <b>No weight bearing with knee flexion beyond 90° until 6 weeks after surgery to protect meniscus</b></li> </ul>
Phase II 6-8 weeks	Full	Full ROM	Discontinue brace	<ul style="list-style-type: none"> <li>• Start SLR out of brace</li> <li>• Progressive closed chain exercises</li> <li>• Start stationary bicycle</li> </ul>
Phase III 8 – 12 weeks	Full	Full	None	<ul style="list-style-type: none"> <li>• Advance close chain exercises</li> <li>• Treadmill walking for exercise</li> <li>• Start elliptical</li> </ul>
12-16 weeks	Full	Full	None	<ul style="list-style-type: none"> <li>• Begin open chain strengthening</li> <li>• Start swimming</li> <li>• Start jogging progression</li> </ul>
Phase IV 4-6 months	Full	Full	None	<ul style="list-style-type: none"> <li>• Advanced strengthening and sport specifics</li> <li>• Add jumping and agilities</li> <li>• Advance activities to full as tolerated</li> </ul>

\*Modalities per therapist including electrical stimulation, ultrasound, heat (before), ice (after).