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Physical Therapy following Inside-Out Meniscal Repair

The following is a basic framework from which to work during rehabilitation following an inside-out Meniscal Repair. Physical therapists may employ specific exercises at their discretion within these guidelines. We encourage patients and therapists to communicate with Dr. Brusalis and his staff with any questions.

0 - 2 Weeks:

- TTWB in brace in extension with crutches
- Brace in extension for sleeping 0-2 wks
- Active/Passive ROM 0-90 degrees
- Quad sets, SLR, Heel Slides
- Patellar Mobilization

2 - 4 Weeks:

- Advance to full weight bearing as tolerated
- May unlock brace
- Progress with ROM until full
- No weight bearing with knee flexion past 90°

4 - 8 Weeks:

- WBAT with brace unlocked
- Discontinue brace when quad strength adequate (typically around weeks)
- Discontinue crutches when gait normalized
- Wall sits to 90°

8 - 12 Weeks:

- WBAT without brace
- Full ROM
- Progress with closed chain exercises
- Lunges from 0-90 degrees
- Leg press 0-90 degrees
- Proprioception exercises
- Begin Stationary Bike

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12 - 16 Weeks:

- Progress Strengthening exercises
- Single leg strengthening
- Begin jogging and progress to running
- Sports specific exercise