

**Meniscus Repair Inside-Out Protocol**

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

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|  |  |  |  | Advance core work with hip, gluteal and core strengthening<br>Swimming allowed at 12 weeks<br>Advance to running/jumping and sport specific drills at 16 weeks when cleared by MD |
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CPM – continuous passive motion machine; SLR – Straight-leg raise

(a) Avoid tibial rotation for first 6 weeks.