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**MENISCAL REPAIR, INSIDE-OUT REHABILITATION PROTOCOL**

	<b>WEIGHT BEARING</b>	<b>BRACE</b>	<b>ROM</b>	<b>EXERCISES</b>
<b>PHASE I 0-2 weeks</b>	PWB with crutches***	Locked in full extension for all activity and sleeping*  Off for exercises and hygiene	0-90 when NWB	Heel slides, quad sets, patellar mobs, SLR, SAQ**  <b>NO weight bearing with &gt; 90 degrees flexion</b>
<b>PHASE II 2-8 weeks</b>	2-4 weeks: 50% WB with crutches  4-8 weeks: progress to FWB	2-6 weeks: unlocked 0-90 degrees  Off at night  D/C at 6 weeks	As tolerated	Add: heel raises, total gym (closed chain), terminal knee extensions**  Activities with brace on until 6 weeks then wean as tolerated  <b>NO weight bearing with &gt;90 degrees flexion</b>
<b>PHASE III 8-12 weeks</b>	Full	NA	Full	Progress closed chain activities  Begin hamstring work, leg press/lunges 0-90 degrees, balance/hip/glutes/core  Begin stationary bike
<b>PHASE IV 12-20 weeks</b>	Full	NA	Full	Progress Phase III and add functional activities (SLS, core, eccentric hamstrings, elliptical)
<b>PHASE V &gt;20 weeks</b>	Full	NA	Full	Advance to sport-specific drills, running/jumping with surgeon clearance

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

\*\*Avoid tibial rotation x 8 weeks to protect repair.

\*\*\*Weight bearing status many vary depending on nature of repair. Please confirm WB status.