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MIDWEST  
ORTHOPAEDICS  
at RUSH



### **Post-Operative Rehabilitation Guidelines for Meniscal Repair (Inside Out)**

- 0-2 Weeks:** TDWB 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 FWBAT  
May unlock brace  
Progress with ROM until full  
No weight bearing with knee flexion past 90 degrees
- 4-8 Weeks:** WBAT with brace unlocked  
D/C brace when quad strength adequate (typically around 4 weeks)  
D/C crutches when gait normalized  
Wall sits to 90 degrees
- 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
- 12-16 Weeks:** Progress Strengthening exercises  
Single leg strengthening  
Begin jogging and progress to running  
Sports specific exercise