

Dr. Craig Chike Akoh, M.D.
MENISCAL REPAIR, INSIDE-OUT
REHABILITATION PROTOCOL

	WEIGHT BEARING	BRACE	ROM	EXERCISES
<i>PHASE I</i> 0-2 weeks	Partial weight bearing with crutches***	Locked in full extension for sleeping and all activity* Off for exercises and hygiene	0-90° when non-weight bearing	Heel slides, quad sets, patellar mobs, SLR, SAQ** No weight bearing with flexion >90°
<i>PHASE II</i> 2-8 weeks	2-4 weeks: 50% WB with crutches 4-8 weeks: Progress to full WB	2-6 weeks: Unlocked 0-90 ° Off at night Discontinue brace at 6 weeks	As tolerated	Addition of heel raises, total gym (closed chain), terminal knee extensions Activities w/ brace until 6 weeks; then w/o brace as tolerated No weight bearing with flexion >90°
<i>PHASE III</i> 8-12 weeks	Full	None	Full	Progress closed chain activities Begin hamstring work, lunges/leg press 0-90 °, proprioception exercises, balance/core/hip/glutes Begin stationary bike
<i>PHASE IV</i> 12-20 weeks	Full	None	Full	Progress Phase III exercises and functional activities: single leg balance, core, glutes, eccentric hamstrings, elliptical, and bike Swimming okay at 16 wks
<i>PHASE V</i>	Full	None	Full	Advance to sport-specific drills and running/jumping once cleared by MD

> 20 weeks				
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For any questions or concerns regarding the protocol or rehabilitation process please contact my
Athletic Trainer below.