



Physical Therapy Protocol: All Inside or Inside Out (Bucket Handle) Meniscus Repair

Phase	Notes	Exercises
I: Weeks 0-6	Full WB ROM 0-90 Brace locked in extension with ambulation and sleep until 6 weeks post-op	<ul style="list-style-type: none"> ROM: 0-90 x 6 weeks, progress through passive, active, and resisted ROM, heel slides, patellar mobilization, gastric/soleus stretches Strength: quad/hamstring/glute sets, straight leg raise with knee in full extension with brace until quad strength prevents extension lag, no open chain or isokinetic exercises, utilize NMES and BFR as needed Goals: 60 degrees of flexion by week 2. Full active hyperextension, 90 degrees of flexion, minimal swelling by week 6
II: Weeks 6-12	Discontinue brace Full ROM No WB flexion past 90 degrees or impact for 12 weeks total post op	<ul style="list-style-type: none"> Physician Goals: protect repair, progress ROM and strength Exercises: ROM as tolerated, progress closed chain activities, d/c brace. Begin hamstring work, lunges/leg press 0-90°, proprioception exercises, balance/core/hip/glutes, Begin stationary bike Comments: No WB flexion past 90 degrees until 12 weeks from surgery, no impact/running/jumping until 12 weeks from surgery
III: Weeks 12+		<ul style="list-style-type: none"> Physician Goals: Progress activity/strength Exercises: No brace, full ROM, initiate return to running program, progress flexibility/strengthening, progression of function: forward/ backward running, cutting, grapevine, etc., initiate plyometric program and sport-specific drills

Sports Performance Center Resources

- Plyometric Prep Screen when returning to running/ jumping (around 4 months post-op)
 - Schedule via QR code or email spc@rushortho.com

- Lower Body Assessment when initiating preparing to return to sport
 - Schedule via QR code or email spc@rushortho.com

