



## **BUCKET HANDLE MENISCUS REPAIR**

### **Post-Operative Rehabilitation Protocol**

#### **0-6 weeks**

- NWB for 6 weeks
- Active/Passive ROM: 0-90°
- Patella mobilization
- SLR supine with brace locked at 0°
- Quad sets with brace locked at 0°
- Heel slides
- Ankle pumps

#### **6-8 weeks**

- Transition to WBAT with brace unlocked
- Discontinue crutches once gait is normalized and non-antalgic
- Discontinue brace once good quad control is achieved
- Wall sits to 90°

#### **8-12 weeks**

- WBAT without brace
- Full ROM
- Progress with closed chain exercises
- Lunges (0-70°)
- Leg press (0-70°)
- Proprioception exercises
- Begin stationary bike

#### **12-16 weeks**

- Continue progressing strengthening exercises
- Focus on single-leg strengthening
- Begin jogging and progress to running
- Advance sports-specific exercises

**Note:** Progression through these phases should be based on individual recovery, with all exercises adjusted as necessary under the guidance of your surgeon and physical therapist. Regular follow-ups with the surgical team are crucial to ensure optimal recovery