



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