

Rehabilitation Protocol:

Meniscus Repair-Bucket Handle (Inside Out)

	Weight Bearing	ROM	Brace Use	Therapeutic Elements
PHASE I 0 - 4 weeks	Touch-down weight bearing (TDWB) with brace locked in extension.	Flexion limited to 90°. NWB only. PROM: 90° flexion at each therapy session.	1-4 weeks: Locked in full extension for ambulation and sleep.	Modalities as needed. Heel slides, quad and hamstring sets, patella mobilizations, gastroc /soleus stretch (NWB). SLR with brace locked in full extension until patient has no extension lag. Start BFR.
4 - 6 weeks	WBAT with brace locked in extension.	Maintain full extension. Advance to full flexion as tolerated.	4-6 weeks: Unlocked for ambulation, locked for sleep.	Modalities as needed. Heel slides, quad and hamstring sets, patella mobilizations, gastroc /soleus stretch (NWB). Add prone hangs and extension board as needed. SLR with brace unlocked. Continue BFR.
PHASE II 6 - 8 weeks	FWB.	Full A/ROM.	Discontinue brace.	Start SLR out of brace. Progressive closed chain exercises. Stationary bicycle.
PHASE III 8 - 12 weeks	FWB.	Full A/PROM.	None.	Advance closed chain exercises. Treadmill walking for exercise. May start elliptical.
PHASE 12 - 16 weeks	FWB.	Full A/PROM.	None.	Begin open chain strengthening. Start swimming and jogging progression.
PHASE IV 4 - 6 months	FWB.	Full ROM.	None.	Advanced strengthening and sports specifics. Add jumping and agilities. Advance activities to full as tolerated.