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**Meniscus Bucket Handle Repair Rehabilitation**

**(ACL Intact Knee)**

\* Toe-touch weightbearing with knee ROM brace locked in full extension for 2 weeks (foot down for balance)

\* Can start passive range of motion out of brace ASAP after surgery, guided by PT (0-90 degrees for 6 weeks then progress weightbearing as tolerated)

\* Weeks 3-6: 50% weight bearing with ROM brace locked in full extension

\* After 6 weeks, gradually progress weightbearing as tolerated and wean brace

**\* No weight bearing/resistance flexion past 90 degrees until 3 months post-op**

\* Crutches for 6 weeks, then wean crutches and discard brace when normal gait is established

\* Range of motion:

Week 0-6: 0-90

Week 6: full R.O.M.

\* Begin isometric quad sets in full extension immediately:

-straight leg raising with knee in full extension

-quad setting

\* Begin exercise bike and closed kinetic chain exercises at 2-4 weeks

\* Return to running at 4 months minimum

\* Return to full sports 5-6 months

Please send progress notes.