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**Meniscal Repair Rehabilitation (radial and root tear protocol; ACL intact knee)**

 \* Start PT at 2 weeks post op

 \* ROM brace, NON-weight bearing x 6 wks then gradually progress as tolerated

 \* Crutches 6-8 weeks

 \* Unlock brace at 6 weeks and return to normal gait

 \* Discard brace when normal gait is established

 \* Range of motion: (start at 2 weeks post op)

 Week 2-4: 0-90

 Week 4: Advance as tolerated.

 \* Begin isometric quad sets in full extension at 2 weeks:

 -straight leg raising with knee in full extension

 -quad setting

 \* Begin exercise bike and closed kinetic chain exercises at 6 weeks

 \* Return to running at 6 months

 \* Return to full sports 9 months

Please send progress notes.