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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.