

## **Lisa Kaplin, DO**

### **Post-Operative Rehabilitation Guidelines for Bucket Handle meniscus repair**

#### **WEEKS 0-2:**

- TDWB, BRACE LOCKED AT 0 DEGREES FOR AMBULATION AND SLEEPING
- ROM: 0-90° WITH EMPHASIS ON FULL EXTENSION
- PATELLA MOBILIZATION
- SLR SUPINE WITH BRACE LOCKED AT 0 DEGREES, QUAD SETS
- ANKLE PUMPS
- SHORT CRANK (90MM) ERGOMETRY

#### **WEEKS 2-6:**

- TRANSITION TO PWBAT ~50% TO FULL WBAT BY 6-8 WEEKS POST OP.
- BRACE LOCKED IN FULL EXTENSION UNTIL POST OP WEEK 6
- NO WEIGHT BEARING PAST 90°
- ROM: 0-90 DEGREES (MAINTAIN FULL EXTENSION)
- ACTIVE KNEE EXTENSION TO 40 DEGREES
- STANDARD (170MM) ERGOMETRY (WHEN KNEE ROM > 115 DEGREES)

#### **WEEK 6-8**

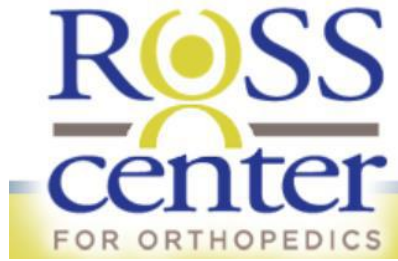
- FULL WBAT LEG IN EXTENSION, BRACE DOWN 60-90 BY 8 WEEKS ANTICIPATE BRACE REMOVAL AT THAT TIME
- ROM 0-125 DEGREES, CONTINUE TO FOCUS ON FULL EXTENSION, WEAN OUT OF BRACE AT END OF THIS PERIOD
- LEG PRESS (80-0 DEGREE ARC)
- MINI SQUATS / WEIGHT SHIFTS
- PROPRIOCEPTION TRAINING
- INITIATE STEP UP PROGRAM
- AVOID TIBIAL ROTATION UNTIL 6 WEEKS
- MAY BEGIN DRIVING ONCE BRACE IS OFF, USUALLY AT 6 WEEKS.

#### **WEEKS 8-14:**

- PROGRESSIVE SQUAT PROGRAM
- INITIATE STEP DOWN PROGRAM
- LEG PRESS, LUNGES
- ISOTONIC KNEE EXTENSIONS (90-40 DEGREES, CLOSED CHAIN PREFERRED)
- AGILITY EXERCISES (SPORT CORD)
- VERSACLIMBER/NORDIC TRACK
- RETROGRADE TREADMILL AMBULATION

#### **WEEKS 14-22**

- BEGIN FORWARD RUNNING (TREADMILL) PROGRAM WHEN 8" STEP DOWN SATISFACTORY
- CONTINUE STRENGTHENING & FLEXIBILITY PROGRAM



## **Lisa Kaplin, DO**

- ADVANCE SPORTS-SPECIFIC AGILITY DRILLS
- START PLYOMETRIC PROGRAM

### **> 22 WEEKS:**

ADVANCE PLYOMETRIC PROGRAM, RETURN TO SPORT (MD DIRECTED)

\*\*MAY REQUIRE FUNCTIONAL SPORTS ASSESSMENT (FSA) 5-6 MONTHS POST OP FOR CLEARANCE TO RETURN TO SPORT