

# Meniscus Repair (Complex: Root, Bucket Handle, Radial)

	<u>Weight Bearing</u>	<u>Brace</u>	<u>ROM</u>	<u>Exercises</u>
<b>Phase I</b> <b>Weeks 0-2</b> PT 1-2x/week HEP daily	Foot Flat WB in brace w/ crutches	Locked in full extension for sleeping and all activity  Off for exercises & hygiene	0-90° when non-weight bearing	Heel slides, quad sets, patella mobs SLR, short arc quad**
<b>Phase II</b> <b>Weeks 2-8</b> PT 2-3x/week HEP daily	<b>2-6 weeks:</b> Foot Flat WB with crutches  <b>6-8 weeks:</b> Progress to full WB	<b>2-6 weeks:</b> Locked in full extension for sleeping and all activity  Wean brace at 6 weeks	<b>2-6 weeks:</b> 0-90  <b>6-8 weeks:</b> Progress to full ROM	Continue Phase 1 Heel raises, closed chain Terminal knee extension avoiding tibial rotation **  Activities w/ brace until 6 weeks After 6 weeks, w/o brace as tolerated  <b>No weight bearing with flexion &gt; 90°</b>
<b>Phase III</b> <b>Weeks 8-12</b> PT 2-3x/week HEP daily	WBAT	None	Full	Progress closed chain activities  Begin hamstring work, lunges/leg press 0-90°, proprioception exercises, balance/core/hip/glutes  Begin stationary bike
<b>Phase IV</b> <b>Weeks 12-20</b> PT 1-2x/week HEP daily	WBAT	None	Full	Progress Phase III exercises & functional activities Single leg balance, core, glutes, eccentric hamstrings, elliptical, bike  Ok to begin swimming at 16 weeks
<b>Phase V</b> <b>&gt; 20 weeks</b> PT 1x/week HEP daily	WBAT	None	Full and pain free	Advance to sport-specific drills & running/jumping once cleared by MD

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