



Dr Daniel Cohen MBBS FRACS FAOrthA

Bucket Handle Meniscal Repair Protocol (No root involvement)- Highlights

ROM 0-30 for weeks 1 and 2

ROM 0-60° for weeks 3 and 4

ROM 0-90° for weeks 5 and 6

ROM Brace

Brace locked in extension for weeks 1-2 while walking and sleeping

0-30° weeks 3-6 while walking and sleeping

No Deep flexion loading > 90° for 12 weeks

NWB Week 1-2

50% PWB Week 3-6

WBAT Week 6+

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Stage	Goals	Weight Bearing	ROM/Cardio	Exercises
Stage 1 Weeks 0-6 Recovery and Protected - Weight Bearing Phase	<ol style="list-style-type: none"> Swelling Control (rest, ice, compression and elevation) Range of Motion within prescribed limits Quadriceps Activation Limit Muscle Loss 	<i>NWB weeks 1 and 2</i> <i>ROM Brace locked in extension when mobilizing and sleeping for 2 weeks</i> <i>50% PWB Weeks 3-6</i> <i>ROM brace 0-30° when mobilizing and sleeping weeks 3-6</i>	Rom Brace 0-30° Week 1-2 0-60° Week 3-4 0-90° Week 5-6 Unrestricted > Week 6 Passive and active assisted Heel Slides Patella Mobilizations	Multi Plane SLR Multi Plane Hip Range IRQ Static quads, hamstrings, calf pumps Prone Hangs Therabands
Stage 2 Weeks 6-8 Early Weight Bearing and Strength Training	<ol style="list-style-type: none"> ROM Gait Re-Training and quads control Strengthening 	PWB then progress to WBAT ROM brace 0-90° when mobilizing	Stationary Bike, no resistance to begin Treadmill Walking Re-establish ROM No deep weight bearing < 90°	**Body Weight Strengthening only Half squats, Ball squats Wall slides Bridges Forward lunges to 60°

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<p>Stage 3 Weeks 8-16 Strengthening</p>	<ol style="list-style-type: none"> 1. Enhance Strengthening 2. Loading > body weight 	<p>WBAT</p>	<p>Full ROM Start Treadmill Walking week 8 Start Elliptical Week 10 Start inline Jogging week 12 – if quads index >80% contralateral limb No cutting or pivoting until week 16</p>	<p>Quads, hamstrings, calf strengthening Hip abductor and adductor strengthening Squats (to chair if appropriate) Step downs- front, back and lateral Lateral Lunges Romanian Deadlift unloaded from week 8, loaded week 10 From Week 12 Single leg squats to 90° Loaded Squats and Deadlift Single Limb Proprioception</p>
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<p>Stage 4 Week 16+ Return to Sport</p>	<ol style="list-style-type: none"> 1. Integrate Plyometrics 2. Return to Functional Activity 3. Agility Training 	<p>WBAT</p>	<p>Multi-plane plyometrics Multi-plane Agility Cutting and Pivoting Exercises Ladder Drills Landing Mechanics</p>	<p>Return to Sport Criteria Single Leg hop Quads index > 95% Hamstrings index >95% Pain and swelling free post exercise</p>
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SURGEON

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