



## SHAYNE KELLY, DO

ORTHOPEDIC SPORTS MEDICINE · TRI-CITY ORTHOPEDICS

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### POST-OPERATIVE REHABILITATION PROTOCOL

## Meniscal Root or Radial Repair

### 0–4 Weeks PROTECT THE REPAIR

- TDWB in brace in extension with crutches; brace in extension for sleeping 0–2 wks; active/Passive ROM 0–90°
- Quad sets, SLR, Heel Slides; patellar mobilization

**GOALS** Protect the repair

### 4–6 Weeks PROGRESS WB

- Advance to FWBAT; may unlock brace; progress with ROM until full; no weight bearing with knee flexion past 90°

**GOALS** Normalize gait

### 6–8 Weeks RESTORE MOTION

- WBAT with brace unlocked; D/C brace when quad strength adequate (typically around 6 weeks)
- D/C crutches when gait normalized; wall sits to 90°

**GOALS** Full ROM

### 8–12 Weeks BUILD STRENGTH

- WBAT without brace; full ROM; progress with closed chain exercises; lunges from 0–90°; leg press 0–90°
- Proprioception exercises; begin stationary bike

**GOALS** Single-leg control

### 12–16 Weeks RETURN TO SPORT

- Progress Strengthening exercises; single leg strengthening; begin jogging and progress to running
- Sports specific exercise

**GOALS** Impact progression

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### Return to Sport & Discharge Criteria

- Full pain-free ROM, no effusion, normalized gait
- Quad/hamstring strength  $\geq 90\%$ ; hop symmetry  $\geq 90\%$  where sport demands
- Return to sport when cleared by Dr. Kelly

*Time frames are guidelines — progress when phase goals are met, per Dr. Kelly and the treating therapist.*

