



SHAYNE KELLY, DO

ORTHOPEDIC SPORTS MEDICINE · TRI-CITY ORTHOPEDICS

POST-OPERATIVE REHABILITATION PROTOCOL

Meniscal Bucket Handle Repair

0–2 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

2–4 Weeks PROGRESS WB

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

GOALS WB per protocol

4–8 Weeks RESTORE MOTION

- WBAT with brace unlocked; D/C brace when quad strength adequate (typically around 4 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

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.

