

Meniscus Repair – Bucket Handle or Radial

Name: _____
Dr: Doan

DOB: _____
DOS: _____

ROM RESTRICTIONS		Weeks from surgery											
		ROM & Muscle Initiation		1	2	3	4	5	6	7-8	9-14+	15-20+	21-26+
0-90 x 2 weeks then FROM	Flexion/Extension – wall slides												
	Flexion/Ext – seated/calf assisted												
	Patella/Tendon mobilization												
	Extension mobilization (no hyperext)												
	Quad sets												
BRACE SETTINGS	Hamstring sets												
	Terminal knee extension, Straight leg raise (when no quad lag)												
	Ankle pumps												
	Bike with no resistance												
T scope 0-0 x 6 weeks	Progress to Endurance: ROM >125°, Quad set that terminally extends the knee												
	Muscular Endurance 3 x 15, 45s rest									9-14+			
	Lateral band stepping												
	Single leg leg press												
	Squat progression												
	RDL												
	Tuck squat												
	Progress to strength: 15+ weeks & Quad index >70%, Y balance anterior reach <8cm side to side difference												
	Muscular Strength 3 x 10 120s rest										15-20+		
	Lateral band stepping												
Weight Bearing status	Single leg leg press												
	Squat progression												
	RDL												
	Tuck squat												
	Progress to power: 21+ weeks & Quad index >90%, Hamstring index >90%, Y balance anterior reach <4cm side to side difference												
	Muscular Power 3 x 6, 180s rest											21-26+	
No open chain resisted hamstring x 16 wks	Front squat												
	Barbell deadlift												
	Split jumps												
	Sled drags												
	Progress to running: 27+ weeks & Triple hop distance >90% of unaffected side												
	Running, Speed & Agility												27+
	Running progression												
	Ladder footwork drills												
	Forward & backward cone drills												
	Lateral cone drills												
	High Level Activities											21-26+	27+
	Golf, outdoor biking												
	Clearance for other activities made by Dr Doan and based on different factors including passing the included progression criteria												