



MENISCUS RADIAL REPAIR

Post-Operative Rehabilitation Protocol

0-4 weeks

- NWB for 6 weeks
- Brace locked in 0° extension for ambulation and sleeping
- AROM/PROM: 0-90°, with emphasis on achieving full extension
- Patella mobilization
- SLR supine with brace locked at 0°
- Quad sets with brace locked at 0°
- Heel slides
- Ankle pumps

4-6 weeks

- Maintain NWB status until 6 weeks, with brace locked in 0° extension
- Continue progressing ROM until reaching full range

6-8 weeks

- Transition to an unloader brace at 6 weeks, which will be worn until 6 months post-op
- Begin WBAT progression: start with PWB (25%, then 50%) at 6 weeks, progressing towards full WBAT
- Discontinue crutches once gait normalizes
- Start wall sits to 90°

8-12 weeks

- WBAT with unloader brace, continuing until 6 months post-op
- Achieve full ROM
- Progress closed-chain exercises
- Lunges from 0-70°
- Leg press from 0-70°
- Proprioception exercises
- Start stationary bike

12-16 weeks

- Continue progressing strengthening exercises
- Focus on single-leg strengthening
- Begin jogging, progressing towards running
- Begin sports-specific exercises

Note: Progression through these phases should be based on individual recovery, with all exercises adjusted as necessary under the guidance of your surgeon and physical therapist. Regular follow-ups with the surgical team are crucial to ensure optimal recovery