BaylorScott&White
ORTHOPEDIC ASSOCIATES OF DALLAS
A member of HealthTexas Provider Network

Manoj P. Reddy, MD
Sports Medicine & Shoulder Surgery
Orthopedic Associates of Dallas
469.800.7200 office | 469.800.7210 fax
DallasOrtho.com | ReddyOrtho.com

Bucket-Handle Meniscus Repair

REHABILITATION PROTOCOL

PHASE	RANGE OF MOTION	BRACE / WEIGHT BEARING	THERAPEUTIC EXERCISE
Phase I **0–2 weeks** GOAL TO ADVANCE *Full extension; leg raise without lag*	Passive 0-90° with brace off for exercise only; full extension	Brace locked straight for walking and sleep; 50% weight bearing progressing to as tolerated with crutches, brace locked	Ankle pumps, quad sets, straight-leg raises in brace, heel prop for extension; ice
Phase II **2–5 weeks** GOAL TO ADVANCE *Flexion 90°; stable in locked brace*	Flexion limited to 90°; assisted motion 4-5 times/day	Weight bearing only with brace locked straight; no weight bearing with knee bent. Discontinue crutches when stable	Quad isometrics, hip strengthening, heel raises in brace, seated knee extension 90-40° (no weight); bike with high seat, no resistance
Phase III **5–10 weeks** GOAL TO ADVANCE *Flexion 115°; walking without limp*	Advance without limits; maintain full extension	Unlock brace for walking at 5 weeks with good quad control; discontinue at 6 weeks	Mini-squats 0-40°, leg press 0-90°, step-ups and step-downs, retro treadmill, balance; regular bike at 115°; swimming (flutter kick)
Phase IV **10–16 weeks** GOAL TO ADVANCE *Quad ≥75-80%; flexion >125°; hop test ≥70-85%*	Full	Full	Resisted knee extension, plyometric leg press, jump-downs; light running at 10 weeks if criteria met, then running program, cutting and sport drills
Phase V **4–5 months** GOAL TO ADVANCE *Quad and hop tests ≥90%*	Full without discomfort	—	Return to sport**

NOTES

**If approved by physician

No deep squatting or loaded bending past 90° until about 4 months

This protocol is a guideline. Your surgeon may adjust it based on your surgery and progress.
Call the office for fever, wound drainage, calf pain or swelling, or new numbness or tingling.

Questions: 469.800.7200
Rev. 10/2026