

# BEAR IMPLANT AND MENISCUS REPAIR REHAB PROTOCOL

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	24 hours	1-14 days	2-4 weeks	4-6 weeks	6 week
<b>Brace range setting</b>					
Keep brace locked straight (zero degrees)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Set your brace range 0 (extension) to 45 degrees (flexion)	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Set your brace range 0 to 90 degrees	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Discontinue brace	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>

## Weight bearing status

**Partial weight bearing with crutches.**  
Put half (50%) of your total body weight on your operative leg by using a crutch in the opposite sided arm. (two crutches can be used if preferred)

<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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**PWB with crutches.**  
You may begin to ween from crutches at week 4. Only apply full weight to leg when brace is locked in extension. Refrain from putting weight on a bent knee (squatting, rising from a seated position.)

<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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**Full weight bearing with brace locked in extension.**  
Allowed to bend the knee to 90 degrees when not bearing weight. No weight on bent leg.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
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**Begin physical therapy with meniscus tear protocol.**

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
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## Instructions

Keep your brace locked at zero degrees in extension until 24 hours after your surgery.

<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Set your brace so that it allows your knee to bend from fully straight to 45 degrees. Perform knee range of motion exercises (0-45d) when not bearing weight.

Lock your brace at zero while walking and sleeping for the first 6 weeks.

<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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## Tear types

- Vertical Tear
- Meniscus Root Tear
- Anterior Horn Tear
- Bucket Handle Meniscus Tear
- Radial Meniscus Tear
- Complex Meniscus Tear
- Intrasubstance Meniscus Tear
- Horizontal Meniscus Tear

## Other links

- Explainer videos
- Media
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## More info

Patients fly in for surgery frequently. If you are out of state please book a Zoom consult.

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## Accessibility statement

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