

# Meniscus Repair

Name: \_\_\_\_\_

Dr: Jonathan Frank, M.D.

Date: \_\_\_\_\_

● = Do exercise for that week

**Week**

| <b>Initial Exercises</b>                     | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 12 | 16 | 20 | 24 |
|--|---|---|---|---|---|---|---|---|---|----|----|----|----|----|
| Flexion/Extension - wall slides              | ● | ● | ● | ● | ● | ● | ● | ● |   |    |    |    |    |    |
| Flexion/Extension – seated                   | ● | ● | ● | ● | ● | ● | ● | ● |   |    |    |    |    |    |
| Patella/Tendon mobilization                  | ● | ● | ● | ● | ● | ● | ● | ● |   |    |    |    |    |    |
| Extension mobilization                       | ● | ● | ● | ● | ● | ● | ● | ● |   |    |    |    |    |    |
| Quad series                                  | ● | ● | ● | ● | ● | ● | ● | ● |   |    |    |    |    |    |
| Hamstring sets                               |   |   |   |   |   |   | ● | ● | ● | ●  |    |    |    |    |
| Sit and reach for hamstrings (towel)         | ● | ● | ● | ● | ● | ● | ● | ● | ● | ●  |    |    |    |    |
| Ankle pumps                                  | ● | ● | ● | ● | ● | ● | ● | ● | ● | ●  |    |    |    |    |
| Toe and heel raises                          |   |   |   |   |   |   | ● | ● | ● | ●  |    |    |    |    |
| Balance series                               |   |   |   |   |   |   | ● | ● | ● | ●  | ●  | ●  | ●  | ●  |
| <b>Cardiovascular Exercises</b>              | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 12 | 16 | 20 | 24 |
| Bike/Rowing with well leg                    | ● | ● | ● | ● | ● | ● | ● | ● |   |    |    |    |    |    |
| Bike with both legs – no resistance          |   |   |   |   |   |   | ● | ● | ● |    |    |    |    |    |
| Bike with both legs - resistance             |   |   |   |   |   |   |   |   | ● | ●  | ●  | ●  | ●  | ●  |
| Aquajogging                                  |   |   |   |   |   |   |   |   | ● | ●  | ●  | ●  | ●  | ●  |
| Treadmill – walking 7% incline               |   |   |   |   |   |   |   |   | ● | ●  | ●  | ●  | ●  | ●  |
| Swimming with fins                           |   |   |   |   |   |   |   |   | ● | ●  | ●  | ●  | ●  | ●  |
| Elliptical trainer                           |   |   |   |   |   |   |   |   |   |    | ●  | ●  | ●  | ●  |
| Rowing                                       |   |   |   |   |   |   |   |   |   |    | ●  | ●  | ●  | ●  |
| Stair stepper                                |   |   |   |   |   |   |   |   |   |    | ●  | ●  | ●  | ●  |
| <b>Weight Bearing Strength</b>               | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 12 | 16 | 20 | 24 |
| Double knee bends                            |   |   |   |   |   |   | ● | ● | ● | ●  | ●  | ●  | ●  |    |
| Double leg bridges                           |   |   |   |   |   |   |   |   | ● | ●  | ●  |    |    |    |
| Reverse lunge – static hold                  |   |   |   |   |   |   | ● | ● | ● | ●  | ●  |    |    |    |
| Beginning cord exercises                     |   |   |   |   |   |   | ● | ● | ● | ●  | ●  |    |    |    |
| Balance squats                               |   |   |   |   |   |   |   |   |   | ●  | ●  | ●  | ●  | ●  |
| Single leg deadlift                          |   |   |   |   |   |   |   |   |   | ●  | ●  | ●  | ●  | ●  |
| Leg press                                    |   |   |   |   |   |   |   |   |   | ●  | ●  | ●  | ●  | ●  |
| Sports Test exercises                        |   |   |   |   |   |   |   |   |   |    | ●  | ●  | ●  | ●  |
| <b>Agility Exercises</b>                     | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 12 | 16 | 20 | 24 |
| Running progression                          |   |   |   |   |   |   |   |   |   |    |    | ●  | ●  | ●  |
| Initial – single plane                       |   |   |   |   |   |   |   |   |   |    |    | ●  | ●  | ●  |
| Advance – multi directional                  |   |   |   |   |   |   |   |   |   |    |    |    | ●  | ●  |
| Functional sports test                       |   |   |   |   |   |   |   |   |   |    |    |    | ●  | ●  |
| <b>High Level Activities</b>                 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 12 | 16 | 20 | 24 |
| Golf   |   |   |   |   |   |   |   |   |   |    |    | ●  | ●  | ●  |
| Outdoor biking, hiking, snowshoeing          |   |   |   |   |   |   |   |   |   |    |    | ●  | ●  | ●  |
| Skiing, basketball, tennis, football, soccer |   |   |   |   |   |   |   |   |   |    |    |    | ●  | ●  |

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**\*\*No deep squats or sitting cross-legged x 4 months\*\***

Therapist Name: \_\_\_\_\_

**ROM RESTRICTIONS**

PROM 0-90  
x 6 wks.

**BRACE SETTINGS**

0-0 x 6 weeks

**Weight Bearing status**

NWB x 6 wks.

**TIME LINES**

Week 1(1-7POD)  
Week 2(8-14POD)  
Week 3(15-21POD)  
Week 4(22-28POD)