

Meniscus Repair Post-operative Therapy protocol

● DO THAT EXERCISE FOR THAT WEEK/MONTH		WEEKS										MONTHS			
RANGE OF MOTION RESTRICTIONS	Phase I: Initial Exercises	1	2	3	4	5	6	7	8	9	10	3	4	5	6
	Extension/Flexion – Wall Slides	●	●	●	●	●	●	●	●	●	●	●			
	Extension/Flexion - Sitting	●	●	●	●	●	●	●	●	●	●	●			
	Extension/Flexion - Prone	●	●	●	●	●	●	●	●	●	●	●			
	Quad Sets with straight leg raises	●	●	●	●	●	●	●	●	●					
	Hamstring Sets							●	●	●					
	Patellar Mobilization (quad/patellar tendon)	●	●	●	●	●	●	●	●	●	●	●	●		
	Ankle Pumps	●	●	●	●										
	Sit and Reach for Hamstrings (towel)	●	●	●	●	●	●	●	●	●	●	●	●	●	●
	Runners Stretch for Calf / Achilles							●	●	●	●	●	●	●	●
	Stork Stand for Quadriceps							●	●	●	●	●	●	●	●
	Toe and Heel Raises	●	●	●	●	●	●	●	●	●	●				
	1/3 knee bends							●	●	●					
	Cardiovascular Exercises	1	2	3	4	5	6	7	8	9	10	3	4	5	6
	Bike with SINGLE Leg / SINGLE Leg Rowing	●	●	●	●	●	●	●	●	●	●	●	●	●	●
	Bike with BOTH Legs							●	●	●	●	●	●	●	●
	Aquajogging							●	●	●	●	●	●	●	●
	Treadmill Incline 7-12% (walking)										●	●	●	●	●
	Swimming with fins											●	●	●	●
	Elliptical Trainer											●	●	●	●
	Stair Stepper											●	●	●	●
Non WB	Phase II: Intermediate Exercises	1	2	3	4	5	6	7	8	9	10	3	4	5	6
Touch Down WB	Double Knee Bends								●	●					
Partial (30%) WB	Carpet Drags								●	●					
Full WB	Gas Pedal								●	●					
WB as tolerated	Forward / Backward Jogging										●	●	●	●	●
	Single Knee Bends										●	●	●	●	●
	Side to Side Lateral Agility											●	●	●	●
	Phase III: Advanced Exercises / Weights	1	2	3	4	5	6	7	8	9	10	3	4	5	6
	Advanced agility exercises											●	●	●	●
	Leg press to 90 Degrees											●	●	●	●
Week 1 (POD 1-7)	Leg Curls - NO Hyperextension											●	●	●	●
Week 2 (POD 8-14)	Abduction / Adduction											●	●	●	●
Week 3 (POD 15-21)	Squats with bar											●	●	●	●
Week 4 (POD 22-28)	Running/Skating/Golf etc progression											●	●	●	●
	Phase IV: High Level Activities	1	2	3	4	5	6	7	8	9	10	3	4	5	6
	Outdoor Biking / Golf										●	●	●	●	●
	Running												●	●	●
	Skiing / basketball / tennis / contact sports													●	●

Weight Bearing:

Week 0-6: TDWB 2 weeks locked in extension, then PWB in brace locked in full extension for following 4 weeks. This may change depending on type of meniscus tear you had repaired

After wk 6: WBAT without brace, discontinue crutches

Brace/ROM:

Week 0-6: Locked in extension when up, otherwise 0-90(remove for PT/hygiene)

After wk 6: Discontinue brace and full active and passive ROM

RTP 6 months

