Aaron M. Baessler, MD Orthopaedic Surgery Sports Medicine, Shoulder and Elbow Surgery

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Meniscus Repair Rehab Protocol

	X = Perform exercise	Week													
	Initial Exercises	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Range of Motion	Flexion/Extension - wall slides	Х	Х	Х	Х	Х	Х	Х	Х						
	Flexion/Extension – seated	Х	Х	Х	Х	Х	Х	Х	Х						
	Patella/Tendon mobilization	Х	Х	Х	Х	Х	Х	Х	Х						
0-90° weeks 1-2	Extension mobilization	Х	Х	Х	Х	Х	Х	Х	Х						
	Quad series	Х	Х	Х	Х	Х	Х	Х	Х						
0-120 weeks 3-4	Hamstring sets							Х	Х	Х	Х				
Then full motion	Sit and reach for hamstrings - gentle	Х	Х	Х	Х	Х	Х	Х	Х	Х	Х				
	Ankle pumps	Х	Х	Х	Х	Х	Х	Х	Х	Х	Х				
No deep	Toe and heel raises							Х	Х	Х	Х				
squatting or sitting cross- legged x 4 months	Balance series								Х	Х	Х	Х	Х	Х	Х
	Cardiovascular Exercises	1	2	3	4	5	6	7	8	9	10	12	16	20	24
	Bike/Rowing with well leg	X	Х	Х	Х	Х	Х	Х	Х						
	Bike with both legs – no resistance					X	X	X	X	Х					
	Bike with both legs - resistance							X	X	X	Х	Х	Х	Х	Х
BRACE SETTINGS	Aquajogging									X	X	X	X	X	X
	Treadmill – walking 7% incline									X	X	X	X	X	X
Locked in full	Swimming with fins										X	X	X	X	X
extension until	Elliptical trainer											X	X	X	X
quad function returns, then as above	Rowing											X	X	X	X
	Stair stepper												X	X	X
	Weight Bearing Strength	1	2	3	4	5	6	7	8	9	10	12	16	20	24
	Double knee bends							Х	Х	Х	Х	Х	Х	Х	
	Double leg bridges								Х	Х	Х				
Weight Bearing Status	Reverse lunge – static hold							Х	Х	Х	Х	Х			
	Beginning cord exercises									Х	Х	Х			
NWB x 6 weeks	Balance squats										Х	Х	Х	Х	Х
	Single leg deadlift										Х	Х	Х	Х	Х
	Leg press										Х	Х	Х	Х	Х
	Sports Test exercises											X	X	X	X
	Agility Exercises	1	2	3	4	5	6	7	8	9	10	12	16	20	24
	Running progression												Х	Х	Х
	Initial – single plane												Х	Х	Х
	Advance – multi directional													Х	Х
	Functional sports test													X	X
	High Level Activities	1	2	3	4	5	6	7	8	9	10	12	16	24	28
	Golf												Х	Х	Х
	Outdoor biking, hiking		1										X	X	X
	Skiing, basketball, tennis, football,														X
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