

Meniscus Repair

Name: _____ Date: ____/____/____

• = Do exercise for that week/month

		Week										Month				
		1	2	3	4	5	6	7	8	9	10	3	4	5	6	
ROM Restrictions: _____ _____ _____	Initial Exercise															
	Extension/flexion – wall slides	•	•	•	•	•	•	•	•	•						
	Extension/flexion – sitting	•	•	•	•	•	•	•	•	•						
	Extension/flexion – prone	•	•	•	•	•	•	•	•	•						
	Quad sets with straight leg raises	•	•	•	•	•	•	•	•	•						
	Hamstring sets							•	•	•	•					
	Patella/tendon mobs	•	•	•	•	•	•	•	•	•	•					
	Ankle pumps	•	•	•	•											
	Brace Settings: _____ _____ _____	Sit and reach for hamstrings (towel)	•	•	•	•	•	•	•	•	•					
		Runners stretch for calf and achilles							•	•	•	•				
Stork stand for quadriceps								•	•	•	•					
Toe and heel raises			•	•	•	•	•	•	•	•						
1/3 knee bends								•	•	•						
Weight Bearing Status: • Non WB • Touch down WB • Partial 30 percent WB • As tolerated WB • Full WB	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							•	•	•	•					
	Aqua-jogging							•	•	•	•					
	Treadmill-incline 7 to 12 percent							•	•	•	•	•	•	•	•	
	Swimming with fins										•	•	•	•	•	
	Elliptical trainer											•	•	•	•	
	Rowing											•	•	•	•	
	StairMaster											•	•	•	•	
	Time Lines: • Week 1 (1 to 7 POD) • Week 2 (8 to 14 POD) • Week 3 (15 to 21 POD) • Week 4 (22 to 28 POD)	Sport Cord Exercises	1	2	3	4	5	6	7	8	9	10	3	4	5	6
Double knee bends								•	•							
Carpet drags								•	•	•						
Gas pedal								•	•							
Forward/backward jogging											•	•	•	•	•	
Single knee bends											•	•	•	•	•	
Side to side lateral agility											•	•	•	•		

Agility Exercises	1	2	3	4	5	6	7	8	9	10	3	4	5	6
Initial											•	•	•	•
Advance												•	•	•
Weights	1	2	3	4	5	6	7	8	9	10	3	4	5	6
Leg press to 90 degrees											•	•	•	•
Leg curls – don't hyperextend											•	•	•	•
Ab/adduction											•	•	•	•
Mini squats with bar											•	•	•	•
Balance squats											•	•	•	•
High Level Activities	1	2	3	4	5	6	7	8	9	10	3	4	5	6
Outdoor biking										•	•	•	•	•
Golf											•	•	•	•
Running													•	•
Skiing, basketball, tennis, football, soccer													•	•