



For Sports Medicine & Orthopaedics

Because Life Happens In Motion

Meniscus Repair

Patient Name: _____

DOS: _____

WEEKS 1-2 _____

ROM: 0-90 (0-30 Dr. Spangler)

Weight Bearing: NWB-TDWB
brace locked in extension for ambulation

Exercise:

patellar mobilizations
ankle pumps
gastroc/soleus stretch
HS stretch
heelslides/flexion stretches
towel prop and/or prone hang
quad sets
standing hip flex, abd, ext (in brace)
hip add (ball squeeze)
Russian stim for quad strength as needed
SLR if appropriate

WEEKS 3- _____

4 _____

ROM: 0-90 (0-60 Dr. Spangler)

Weight Bearing: PWB

Exercise:

continue previous
SLR 4 planes
LAQ (90-30)
Nustep
standing multi-hip

WEEKS 5- _____

7 _____

ROM: 0-120 (0-90 Dr Spanger weeks 5-6)

Weight Bearing: progress to full 6 weeks postop
gait progressions depending on pain (remove
brace when good quad control after 6 weeks Dr
Spangler)

Exercise:

continue previous & add as WB status allows:
resisted SLR
HS curls
SAQ
heelraises
minisquats
leg press
stationary bike
step ups (fwd/lat)
SL balance/balance training
gait training exercises
hip and core strengthening

WEEKS _____

8+ _____

ROM: 0-135

Exercise: continue previous as needed and add:
progress strengthening/progressive resistance

lunges
wobble board
eccentric step ups
monster walks
advance bilateral closed-chain exercises
unilateral closed-chain exercises

4 months+ ---

straight line jogging/running program

plyometrics/proprioception training

when appropriate add:

cutting program/sport-specific training