

Collagen Meniscus Implant (Menaflex®)

Pt Name: _____

Dr: Alexander Strassman, DO

Date

:

ROM RESTRICTIONS

0-30 x 2 wks
Then increase
30-60 x 2 wks
Then increase
60-90 x 2 wks

Full ROM after
6 wks

BRACE SETTINGS

0-0 x 6 weeks

WB STATUS

Partial weight
bearing x 4
weeks

TIME LINES

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

● = Do exercise for that week

Week

Initial Exercises	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							●	●	●	●	●	●	●	●	
Cardiovascular Exercises	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									●	●	●	●	●	●	
Aqua-jogging									●	●	●	●	●	●	
Treadmill - walking 7% incline									●	●	●	●	●	●	
Swimming with fins									●	●	●	●	●	●	
Elliptical trainer											●	●	●	●	
Rowing											●	●	●	●	
Stair stepper												●	●	●	
Weight Bearing Strength	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 dead-lift											●	●	●	●	
Leg press											●	●	●	●	
Sports Test exercises												●	●	●	
Agility Exercises	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															●
High Level Activities	1	2	3	4	5	6	7	8	9	10	12	16	20	24	
Golf Progression														●	●
Outdoor biking, hiking, snowshoeing														●	●
Skiing, basketball, tennis, football, soccer															●

Therapist Name: _____