

# Meniscus Repair

Pt  
Name: \_\_\_\_\_  
Dr: Alexander Strassman, DO

Date  
: \_\_\_\_\_

● = Do exercise for that week **Week**

## ROM RESTRICTIONS

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## BRACE SETTINGS

0-0 x 6 weeks

## WB STATUS

Partial weight bearing x 2 weeks

## TIME LINES

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

<b>Initial Exercises</b>	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							●	●	●	●	●	●	●	●
<b>Cardiovascular Exercises</b>	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											●	●	●	●
<b>Weight Bearing Strength</b>	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											●	●	●	●
<b>Agility Exercises</b>	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													●	●
<b>High Level Activities</b>	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: \_\_\_\_\_

