

# Medial Meniscus Repair, MCL Repair

Name: \_\_\_\_\_  
 Dr: Chris LaPrade, M.D.

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

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

**ROM RESTRICTIONS**  
 0-90° x 2 weeks  
 Then progress as tolerated  
 \*AAROM flexion x 4 weeks

**BRACE SETTINGS**  
 Immobilizer x 6 weeks

**Weight Bearing status**  
 NWB x 6 weeks

**TIME LINES**  
 Week 1(1-7POD)  
 Week 2(8-14POD)  
 Week 3(15-21POD)  
 Week 4(22-28POD)

<b>Initial Exercises</b>	1	2	3	4	5	6	7	8	9	10	12	16	20	24					
Seated foot slides knee ROM	0-90°		>90°		AROM - progress to full gradually														
ROM Goals	Extension: Full by week 2 Flexion: 2 weeks: ≈90°, 6 weeks: 120°, 10 weeks: Full ROM																		
Ankle pumps & nerve glides	●	●	●	●	●	●													
Patella/Tendon mobilization	●	●	●	●	●	●	●	●											
Heel prop knee extension stretch	●	●	●	●	●	●	●	●											
Quad isometric in extension	●	●	●	●	●	●	●	●											
Calf & hamstring stretching	●	●	●	●	●	●	●	●											
Bridge in knee ext - calves over ball				●	●	●	●	●	●	●	●	●	●	●					
Quad strength progressions	0° ISOs, SLR			60°ISO		Progressive arc / Progressive resistance													
Multi-direction hip strength	No valgus x 6 weeks (side lying ADD)					Progress without restriction													
Hamstring strength progressions	No isolated HS beyond AROM					ISOs, hip-based drills				Knee-based Resisted arc									
<b>Cardiovascular Exercises</b>	1	2	3	4	5	6	7	8	9	10	12	16	20	24					
Stationary Bike	NWB					ROM only			Gradually progress										
Swimming (flutter kick)								●	●	●	●	●	●	●	●	●	●	●	
Walking (no limp)													●	●	●	●	●	●	●
Elliptical trainer, stair stepper																●	●	●	●
<b>*NOTE FOR CARDIO</b>	Must tolerate daily walking with no limp & no significant increase in pain/swelling prior to initiating WB cardio (walk, elliptical, stepper)																		
<b>Weight Bearing Strength</b>	1	2	3	4	5	6	7	8	9	10	12	16	20	24					
Crutch weaning – return to FWB	NWB					●	●												
Marching into brief SLS						●	●	●	●	●	●	●	●	●	●	●	●	●	
SLS balance progressions												●	●	●	●	●	●	●	●
Squat/Leg Press (ISO→reps, 2→1 leg)													0-45°		0-70°		>70°gradual		
Step-up/Lunge Progressions														ISOs		0-70°		>70°	
Straight leg dead lift (2→1 leg)														●	●	●	●	●	●
Band resisted directional stepping																●	●	●	●
<b>Agility Exercises</b>	1	2	3	4	5	6	7	8	9	10	12	16	20	24					
Return to run criteria	≥16 weeks post-op, YBT-Anterior ≤8 cm SSD, walk ≥1 mile no limp/no pain, Quad strength ≥70% LSI, ≥60% peak torque/BW																		
Agility: single→multi-plane	NWB												●	●					
Sport Performance (TRAC) Test	Baseline test: 6 months, F/u test: 12 months																		
<b>High Level Activities</b>	1	2	3	4	5	6	7	8	9	10	12	16	20	24					
Recreational activity progressions	NWB													●					
Return to sport progressions																		●	

**\*\*NMES & BFR encouraged (per any contraindications)\*\***

<b>PRECAUTIONS</b>	NO squatting >70°, cross-legged sitting x 4 months, NO resisted HS curls x 3 months
<b>ABBREVIATIONS</b>	(HS) hamstring, (ISO) Isometric, (KF) knee flexion, (NWB) Non-weight bearing, (PRE) progressive resistance exercise, (SAQ) short arc quad, (SLR) straight leg raise, (SLS) single leg stance, (TKE) terminal knee extension