

# Medial Meniscus Root Repair

Name: \_\_\_\_\_

Dr: Dr. Chris LaPrade Date: \_\_\_\_\_

● = Do exercise for that week

**Week**

## ROM RESTRICTIONS

0-90° x 2 weeks  
Then progress as tolerated (\*PROM knee flexion/no hamstring pulling x 6 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)

Initial Exercises	1	2	3	4	5	6	7	8	9	10	12	16	20	24					
Flexion/Extension – seated foot slides – PROM flexion x 6 weeks	0-90°		>90°-still PROM			AROM - progress to full gradually													
Flexion ROM Goals (full extension day 1)	≈90° by 2 weeks, ≈120° by 6 weeks, Full by 10 weeks																		
Ankle pumps & nerve glides	●	●	●	●	●	●													
Patella/Tendon mobilization	●	●	●	●	●	●	●	●											
Heel prop knee extension stretch	●	●	●	●	●	●	●	●											
Quad isometric in extension	●	●	●	●	●	●	●	●											
Calf stretch with belt/strap	●	●	●	●	●	●	●	●											
Seated hamstring stretch	●	●	●	●	●	●	●	●											
Bridge in knee ext - calves over ball				●	●	●	●	●	●	●	●	●	●	●					
Quad strength progressions	0° ISOs, SLR		60° ISO			Gradual progression into full arc PRE													
Additional Quad training	SLR, band-resisted TKE, AROM knee extension (LAQ)																		
Multi-direction hip strengthening			●	●	●	●	●	●	●	●	●	●	●	●					
Hamstring strength progressions	No isolated, resisted HS (root)							ISOs, hip-based			Knee-based Resisted arc								
Bridging	Knees extended over ball							Classic bridge progressions											
<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°	
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 wks 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					
Golf progression	NWB													●					
Outdoor biking, hiking, snowshoeing																		●	
Return to sport progressions																		●	

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

<b>PRECAUTIONS</b>	NO squatting >70°, cross-legged sitting or resisted HS curls into KF x 4 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