

Medial Meniscus Vertical Longitudinal Tear Repair

Name: _____
 Dr: Dr. Chris LaPrade Date: _____

● = Do exercise for that week

Week

ROM RESTRICTIONS
0-90° x 2 weeks

BRACE

Locked in extension 0-4 weeks

Open 4-6 weeks

Off at 6+ weeks

Weight Bearing status

PWB (brace locked in extension) weeks 0-4

PWB→FWB weeks 4-6 (brace open)

FWB at 6 weeks (no brace)

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	
Knee ROM – seated foot slides	0-90°		>90° - progress to full ROM gradually												
Ankle pumps & nerve glides	●	●	●	●	●	●									
Patella/Tendon mobilization	●	●	●	●	●	●	●	●							
Heel prop knee extension stretch	●	●	●	●	●	●	●	●							
Quad isometric in extension	●	●	●	●	●	●	●	●							
Seated hamstring & calf stretches	●	●	●	●	●	●	●	●							
Band-resisted ankle plantarflexion	●	●	●	●											
Bridges	KE/Calves over ball					Classic bridge & plank progressions									
Quad strength progressions	0° ISOs, SLR			60° ISO		70-30° arc - resisted			Full arc - resisted						
Multi-direction hip strength	Brace on				Progress (caution with rotation at knee)										
Hamstring strength progressions	No isolated, resisted HS							ISOs, hip-based → knee-based			Knee-based Resisted arc				
Cardiovascular Exercises	1	2	3	4	5	6	7	8	9	10	12	16	20	24	
Stationary bike	NO			No→Min resistance			Progress intensity gradually								
Treadmill walking (no limp)							●	●	●	●	●	●	●	●	
Swimming – light flutter kick							●	●	●	●	●	●	●	●	
Elliptical trainer, stair stepper									●	●	●	●	●	●	
*NOTE FOR CARDIO Must tolerate daily walking with no limp & no significant increase in pain/swelling prior to initiating WB cardio (walk, elliptical, stepper)															
Weight Bearing Strength	1	2	3	4	5	6	7	8	9	10	12	16	20	24	
Calf raises	NO			2-leg			1-leg			Ballistic					
Crutch weaning – return to FWB	PWB			P→FWB			FWB								
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°		
Straight leg dead lift (2→1 leg)										●			●		
Band resisted directional stepping													●		
Agility Exercises	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														
Initial – single plane agility													●		
Advance – multi directional agility													●		
Sport Performance (TRAC) Test	Baseline test: 4 months, F/u test: 6 months														
High Level Activities	1	2	3	4	5	6	7	8	9	10	12	16	20	24	
Outdoor recreation progressions													●		
Return to sport progressions													●		

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

PRECAUTIONS	NO squatting >70°, cross-legged sitting or heavy resisted HS curls into KF x 3 months
ABBREVIATIONS	(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