

Medial Meniscus Root Repair

Name: _____

Dr: Dr. Matthew Rasmussen 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								
Cardiovascular Exercises	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											●	●	●	●		
*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		
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														●	●	●
Agility Exercises	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															
High Level Activities	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)****

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