

Medial Meniscus Radial 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 flexion
x 2 weeks,
AAROM until
week 6)

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)

Week																	
Initial Exercises	1	2	3	4	5	6	7	8	9	10	12	16	20	24			
Flexion/Extension – seated foot slides – PROM flexion x 2 wks	0-90° PROM		>90° AAROM				AROM - progress to full gradually										
Flexion ROM Goals (full extension restored within first 2 weeks)	≈90° by 2 weeks, ≈120° by 6 weeks, Full by 10 weeks																
Ankle pumps	●	●	●	●	●	●											
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		70-30° arc - resisted					Full arc - resisted						
Multi-direction hip strength	No valgus x 6 weeks (side lying ADD)					Progress without restriction											
Hamstring strength progressions	No isolated, resisted HS (root)							ISOs, hip-based				Knee-based Resisted arc					
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 ≥75% LSI, ≥70% 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