

Knee Meniscal Repair

General

Passive range of motion from 0-90 for 6 weeks, then progress to full range of motion

Brace locked in extension for ambulation only for 6 weeks

Weight-bearing as tolerated

Stitches assessed and removed in clinic within 7-14 days

Weeks 0-6

Wall slides

Prone hangs

Patellar mobilization

Ankle pumps

Quad sets with straight leg raises

Hamstring sets

Achilles and calf stretching

Modalities as necessary to decrease swelling

Toe raises/heel raises

Stationary bike with single leg

Quads-specific strengthening exercises

Weeks 6-10

Treadmill 7% walk

Terminal 1/3 knee bends

Double knee bends

Stationary bike with both legs and gradual increase in resistance

Swimming with fins

Weeks 10-12

Single knee bends

Rowing/erg machine

Outdoor biking

Return to run program = elliptical → treadmill → outdoor running

Leg press to 90° with weights

Leg curls with no hyperextension

Week 12

Sport-specific training with gradual return to agility exercises
