Mercy Sports Medicine Institute &
Joint Preservation Center
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ISOLATED MENISCAL REPAIR
Revised August 2008
Post-op Days 1 – 14
Dressing – POD 1: Debulk dressing, TED Hose in place
– POD 2: Change dressing, keep wound covered, continue TED Hose
– POD 7-10: Sutures out, D/C TED Hose when effusion resolved
Crutches – Partial weight bearing (PWB)
(no more than 50% of body weight)
Patellar mobilization (teach patient)
Calf pumping
No active Hamstring exercises
AAROM 0-90 degrees – Heel slides with towel assist
Passive extension with heel on bolster or prone hangs
Electrical stimulation in full extension with quad sets and SLR
Quad sets, Co-contractions quads / HS
Straight leg raise (SLR) x 4 on mat (in brace if poor quad control)
Double leg heel raises
Gentle Hamstring stretching
Ice pack with knee in full extension after exercise
Goals
Full passive extension
Flexion to 60 degrees
Good quad control
Weeks 2 – 4
Crutches – PWB
Continue appropriate previous exercises
Scar massage when incision healed
No active Hamstring exercises
PROM, AAROM, AROM 0-90 degrees only
SLR x 4 on mat – Add light ankle weights if quad control is maintained
Weight shifts (partial support in parallel bars)
Stretches – Hamstring, Hip Flexors, ITB
Goals
Pain/effusion control
No extensor lag

Weeks 4-6

Crutches – PWB in brace wean off when not limping
Continue appropriate previous exercises
PROM, AAROM, AROM 0-90 degrees only
Mini squats 0-45 degrees in parallel bars
Total Gym (level 3-5) – Mini squats 0-45 degrees
– Passive flexion to 90 degrees (push up with opposite leg)
Leg press 0-45 degrees with light resistance (up to ¼ body weight)

Hamstring curls 0-45 degrees – Carpet drags or rolling stool (closed chain)
Stationary bike with seat high for ROM – Complete cycle as able
Goals
ROM 0-90 degrees
No effusion
Weeks 6 – 9
Crutches – Weight bearing as tolerated (WBAT), D/C when gait normal
Continue appropriate previous exercises
PROM, AAROM, AROM – Gradually increase motion through full range
Standing SLR x 4 with light Theraband bilaterally
Wall squats 0-45 degrees
Leg press 0-60 degrees with resistance no more than ½ body weight
Hamstring curls 0-60 degrees – Carpet drags or rolling stool (closed chain)
Forward, lateral and retro step downs in parallel bars
– No knee flexion past 45 degrees (small step)
Single leg heel raises
Proprioceptive training – Single leg standing in parallel bars
– Double leg BAPS for weight shift
Treadmill – Forwards and backwards walking
Stationary bike – Progressive resistance and time
Elliptical trainer
Goals
Full ROM
Normal gait
Weeks 9 – 12
Continue appropriate previous exercises with progressive resistance
Wall squats 0-90 degrees
Leg press 0-90 degrees with resistance as tolerated
Hamstring curls 0-90 on weight machine with light resistance
Forward, lateral and retro step downs (medium to large step)
Continued on following page
Hip weight machine x 4 bilaterally
Proprioceptive training – Single leg BAPS, ball toss and body blade
– Grid exercises
Fitter
Slide board
Treadmill – Walking progression program
Pool therapy
Goal – Walk 2 miles at 15 min/mile pace
Months 3 – 4
Continue appropriate previous exercises
No Squatting or Leg press > 90 degrees
Hamstring curls on weight machine through full range
Knee extension weight machine as tolerated
Short arc quads
Functional activities – Figure 8s, gentle loops, large zigzags
Stairmaster – Small steps
Treadmill – Running progression program
Pool therapy – Swimming laps
Goal – Run 2 miles at easy pace
Months 4 – 6
Continue appropriate previous exercises
Squatting and Leg press through full range as tolerated
Agility drills / Plyometrics
Sit-up progression
Running progression to track

Quad stretches
Transition to home / gym program
Goals
Return to all activities at 6 months post-op
No contact sports until 6 months post-op