



THE ORTHOPAEDIC CENTER

A division of Centers for Advanced Orthopaedics

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Sports Medicine

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Lateral Meniscus Repair

Name: _____

Date: _____

ROM RESTRICTIONS

0-90 x 2 weeks
Then Full

BRACE SETTINGS

0-0 x 6 weeks.
Brace must be locked in extension while walking and sleeping.

WEIGHT BEARING STATUS

NWB
0-6 weeks
WBAT
After week 6

TIME LINES

Week 1(1-7POD)
Week 2(8-14POD)
Week 3(15-21POD)

| | Week | | | | | | | | | | | | | |
|--|----------|----------|----------|----------|----------|----------|----------|----------|----------|-----------|-----------|-----------|-----------|-----------|
| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 12 | 16 | 20 | 24 |
| Initial Exercises | | | | | | | | | | | | | | |
| Flexion/Extension - wall slides | ● | ● | ● | ● | ● | ● | ● | ● | | | | | | |
| Flexion/Extension - seated | ● | ● | ● | ● | ● | ● | ● | ● | | | | | | |
| Patella/Tendon mobilization | ● | ● | ● | ● | ● | ● | ● | ● | | | | | | |
| Extension mobilization | ● | ● | ● | ● | ● | ● | ● | ● | | | | | | |
| Quad series | ● | ● | ● | ● | ● | ● | ● | ● | | | | | | |
| Hamstring sets | | | | | | | ● | ● | | | | | | |
| Sit and reach for hamstrings (towel) | ● | ● | ● | ● | ● | ● | ● | ● | | | | | | |
| Ankle pumps | ● | ● | ● | ● | ● | ● | ● | ● | ● | | | | | |
| Toe and heel raises | | | ● | ● | ● | ● | ● | ● | | | | | | |
| Balance series | | | | | | | ● | ● | ● | ● | ● | ● | ● | ● |
| Cardiovascular Exercises | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 12 | 16 | 20 | 24 |
| Bike/Rowing with well leg | ● | ● | ● | ● | ● | ● | ● | ● | | | | | | |
| Bike with both legs - no resistance | | | | | | | ● | ● | ● | | | | | |
| Bike with both legs - resistance | | | | | | | | | ● | ● | ● | ● | ● | ● |
| Aquajogging | | | | | | | | | ● | ● | ● | ● | ● | ● |
| Treadmill - walking 7% incline | | | | | | | | | ● | ● | ● | ● | ● | ● |
| Swimming with fins | | | | | | | | | ● | ● | ● | ● | ● | ● |
| Elliptical trainer | | | | | | | | | | | ● | ● | ● | ● |
| Rowing | | | | | | | | | | | ● | ● | ● | ● |
| Stair stepper | | | | | | | | | | | | ● | ● | ● |
| Weight Bearing Strength | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 12 | 16 | 20 | 24 |
| Double knee bends | | | | | | | ● | ● | ● | ● | ● | ● | ● | |
| Double leg bridges | | | | | | | ● | ● | ● | ● | ● | | | |
| Reverse lunge - static hold | | | | | | | ● | ● | ● | ● | ● | | | |
| Beginning cord exercises | | | | | | | ● | ● | ● | ● | ● | | | |
| Balance squats | | | | | | | | | | ● | ● | ● | ● | ● |
| Single leg deadlift | | | | | | | | | | ● | ● | ● | ● | ● |
| Leg press | | | | | | | | | | ● | ● | ● | ● | ● |
| Sports Test exercises | | | | | | | | | | | ● | ● | ● | ● |
| Agility Exercises | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 12 | 16 | 20 | 24 |
| Running progression | | | | | | | | | | | | ● | ● | ● |
| Initial - single plane | | | | | | | | | | | | ● | ● | ● |
| Advance - multi directional | | | | | | | | | | | | | ● | ● |
| Functional sports test | | | | | | | | | | | | | ● | ● |
| High Level Activities | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 12 | 16 | 20 | 24 |
| Golf | | | | | | | | | | | | ● | ● | ● |
| Outdoor biking, hiking, snowshoeing | | | | | | | | | | | | ● | ● | ● |
| Skiing, basketball, tennis, football, soccer | | | | | | | | | | | | | ● | ● |

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