



THE ORTHOPAEDIC CENTER

A division of Centers for Advanced Orthopaedics

Scott C. Faucett, MD MS
2112 F Street NW Suite 305

Washington, DC 20037
202-770-1447 | 202-912-8484



Medial 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)

● = Do exercise for that week

	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													●	●		

2-3 x a week for 12 weeks

Signature: Scott C. Faucett