



Unstable Meniscus Repair

ROM Restrictions: ____ext. to ____flex.

Brace Settings: ____ext. to ____flex.

Weight Bearing Status: NWB, TTWB, PWB, WBAT

PHASE I EXERCISES

- Passive only ROM 0-90 degrees for first 6 weeks
- Quad sets with straight leg raises
- Patellar mobilizations/quad and patellar tendon mobilization (emphasize)
- Sit and reach for hamstrings +/- towel
- Runners stretch for calf and Achilles when weight bearing
- 1/3 knee bends **at 7 weeks**

CARDIOVASCULAR EXERCISE

- Bike and row single well leg (begin at 1 week)
- Both leg bike start with no resistance (begin at 6 weeks)

PHASE II SPORT CORD EXERCISES (begin after 7 weeks)

- Double knee bends
- Carpet drags
- Gas pedal
- Forward/backward jogging (begin at 3 months)
- Single knee bends (begin at 3 months)
- Side to side lateral agility (begin at 4months)

PHASE III-WEIGHTS (begin after 3 months)

- Leg press to 90 degrees
- Leg curls-extend to neutral only
- Abduction/adduction
- Balance squats
- Mini squats with bar

*no open chain extensions

PHASE IV- HIGH LEVEL ACTIVITIES (begin after 4 months)

- Outdoor biking
- Rollerblading
- Running
- Skiing, basketball, football, soccer after 6 months
- Golf
- Agility exercises
- Mountain Bike

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