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Meniscus Repair Rehab Protocol

X = Perform exercise

Week

		1	2	3	4	5	6	7	8	9	10	12	16	20	24		
Range of Motion 0-90° weeks 1-2 0-120 weeks 3-4 Then full motion No deep squatting or sitting cross-legged x 4 months	Initial Exercises																
	Flexion/Extension - wall slides	X	X	X	X	X	X	X	X								
	Flexion/Extension – seated	X	X	X	X	X	X	X	X								
	Patella/Tendon mobilization	X	X	X	X	X	X	X	X								
	Extension mobilization	X	X	X	X	X	X	X	X								
	Quad series	X	X	X	X	X	X	X	X								
	Hamstring sets								X	X	X	X					
	Sit and reach for hamstrings - gentle	X	X	X	X	X	X	X	X	X	X	X					
	Ankle pumps	X	X	X	X	X	X	X	X	X	X	X					
	Toe and heel raises								X	X	X	X					
	Balance series									X	X	X	X	X	X	X	X
	Cardiovascular Exercises	1	2	3	4	5	6	7	8	9	10	12	16	20	24		
	Bike/Rowing with well leg	X	X	X	X	X	X	X	X								
	Bike with both legs – no resistance					X	X	X	X	X							
Bike with both legs - resistance							X	X	X	X	X	X	X	X	X		
Aquajogging									X	X	X	X	X	X	X		
Treadmill – walking 7% incline									X	X	X	X	X	X	X		
Swimming with fins											X	X	X	X	X		
Elliptical trainer											X	X	X	X	X		
Rowing											X	X	X	X	X		
Stair stepper												X	X	X	X		
Weight Bearing Status	1	2	3	4	5	6	7	8	9	10	12	16	20	24			
Weight Bearing Strength																	
Double knee bends								X	X	X	X	X	X	X			
Double leg bridges									X	X	X						
Reverse lunge – static hold								X	X	X	X						
Beginning cord exercises									X	X	X						
Balance squats										X	X	X	X	X			
Single leg deadlift										X	X	X	X	X			
Leg press										X	X	X	X	X			
Sports Test exercises											X	X	X	X			
Agility Exercises	1	2	3	4	5	6	7	8	9	10	12	16	20	24			
Running progression												X	X	X			
Initial – single plane												X	X	X			
Advance – multi directional													X	X			
Functional sports test													X	X			



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High Level Activities	1	2	3	4	5	6	7	8	9	10	12	16	24	28
Golf												X	X	X
Outdoor biking, hiking												X	X	X
Skiing, basketball, tennis, football, soccer														X