

MENISCUS REPAIR REHAB PROTOCOL

Phase One (0 – 3 weeks)

Goals: 0 – 90° flexion, VMO activation

1. Quad Sets 3 x 12 (Hold for 2 sec.)
 - a. Can perform with Russian Stim until able to contract VMO
2. SAQ 3 x 15 (Hold for 1 sec.)
3. 4-way Hip Mobility 3 x 10 (Hold for 1 sec.)
4. Heel Slides 4 x 10
 - a. Can perform wall slides instead if too difficult
5. Hamstring/Calf Stretch 3 x 30 sec. each
6. Prone Hangs 3 x 2 min. (work up to 2 sets of 5 min.)
7. 3-leg Walking (with crutch) 4 x 25 ft.

****allowed to walk PWB ONLY BY DOCTOR'S APPROVAL****

Phase Two (3 – 6 weeks)

Goals: 0 - 125° flexion, aggressive scar tissue massage

1. Glute Bridges w/ Band 3 x 12
2. 4-way Hip Mobility (add weight) 3 x 12 (Hold for 2 sec.)
3. LAQ 3 x 15
 - a. Add weight as needed
4. Fire hydrants (straight leg off table) 3 x 12
 - a. Add bands as needed
5. Blue Pad Balance (When full WB) 4 x 30 sec.
 - a. Work up to BOSU ball
6. Step-ups/Step-downs (when full WB) 3 x 10
7. Step Overs (w/ crutch) 3 x 10
8. Mini Wall Squats 3 x 12
9. Calf Raises 3 x 20
 - a. Work up to 2-up, 1-down
10. Leg Press (only to 90 degrees) 5 x 8
 - a. LIGHT WEIGHT!!!
11. Patella Mobs 5 minutes
12. Heel Slides
13. Prone Hangs (if needed) 2 x 5 min.

****Can ride bike if 110° of flexion are achieved. Continue Hamstring and Calf Stretching****

Phase Three (6 – 12 weeks)

Goals: full quad control, full ROM, good quad tone

1. Bike 20 minutes
2. Glute Bridge 3 x 10
 - a. Work into Single leg
3. TKEs 3 x 12
4. Monster Walks 4 x 15 yds.
5. Step-ups/Step-downs 4 x 10
 - a. With weight added to ankle (increase height of box and implement balance)
6. BOSU Balance Trampoline Toss 4 x 25 tosses
7. Wall Sits 5 x 20 sec.
8. Suitcase Squats 2 x 15 ea. Side
9. Barbell Squats 4 x 10
 - a. Work into single-leg squats when ready
10. Lunges 4 x 12
 - a. Add KB, DB, or Front Rack Barbell as needed
11. Single-Leg KB RDLs 4 x 8 ea. side
12. Prone Hamstring Curls 3 x 12
 - a. START AT WEEK 7!!!
13. Single leg Calf Raises 4 x 15
 - a. Sitting and Standing

Phase Four (12 – 36 weeks)

Goals: Return to normal weight room protocol (no squats past 90°), NO excessive running, increase lateral movements on-field, ladder drills, SWIMMING