



Michael Knesek MD

Phone: 219-795-3360 Fax: 219-756-6500
9001 Broadway, Merrillville IN, 46410
801 Macarthur BLVD, STE 302, Munster IN, 46321
3800 St. Mary Drive, STE 101, Valparaiso IN, 46383

MENISCAL REPAIR REHAB PROTOCOL

GENERAL

Passive ROM limits 0-90 for 6 weeks
Brace 0-30 for 6 weeks
WBAT

WEEK 1

Wall slides
Prone hangs
Patellar Mobilizations
Ankle pumps
Quad Sets with straight leg raises
Sit and reach with towel
Single leg biking

WEEK 2

Same as week 1
Toe raises/heel raises

WEEK 6

Same as week 2
Bike with both legs
Terminal 1/3 knee bends
Achilles and calf stretch
Treadmill 7% walk
Hamstring Sets

WEEK 8

Double knee bends
Swimming with fins
Single knee bends

WEEK 10

Rowing
Forward and backward jogging
Outdoor biking

MONTH 3

Agility Exercises
Stairmaster
Leg press to 90° with weights
Leg curls with no hyperextension