

# **Meniscal Allograft Transplantation Rehabilitation Protocol**

## **Phase I (0-6 weeks)**

- Weight Bearing: 0-1 week: non weight bearing. 1-4 weeks: progress weight-bearing. Discontinue use of crutches at 4 weeks when gait normalizes.
- Brace: 0-2 weeks: locked in full extension for sleeping\*. Locked in extension for all weight bearing activities. 2-4 weeks: locked 0-90 degrees. Unlock brace when quad control able to tolerate. Discontinue brace after 4 weeks.
- ROM: 0 to 90 degrees x 4 weeks, then increase to full.
- Therapeutic Exercise: 0-2 weeks: heel slides, quad sets, patellar mobs, prone hangs, SLR, SAQ. 2-8 weeks: add heel raises, total gym (closed chain), and terminal knee extensions. Activities with brace until 6 weeks, then without brace to tolerance. No weight bearing with flexion greater than 90 degrees during phase I.

## **Phase II (6-12 weeks)**

- Weight Bearing: Full, without crutches.
- Brace: None
- ROM: Full active range of motion
- Therapeutic Exercise: Progress closed chain activities, begin hamstring work, proprioception exercises, leg press 0-90 degrees, begin stationary bike.

## **Phase III (12-16 weeks)**

- Weight Bearing: Full with a normalized gait pattern
- Brace: None
- ROM: Full and pain free
- Therapeutic Exercise: Progress phase II exercises and functional activities such as single leg hops and jogging at 4 months. No twisting sports 6 months.

\*Brace may be removed for sleeping after 2 weeks.

\*\*Avoid any tibial rotation for 8 weeks to protect meniscus