

Rehabilitation Protocol: Meniscus Allograft Transplantation

Phase 1:

	Weight Bearing And ROM	Brace use	Therapeutic Elements
0 -2 weeks	Partial weight bearing (50%) in brace	Locked in extension.	Quad sets, SLR, hamstring isometrics. If not adequate HS control, all exercises in brace , otherwise out of brace., Patella mob.
2 -8 weeks	Progress to WBAT with crutches. D/c crutches at 6 weeks if steady/ normal gait pattern ROM: 0-90° non weight bearing For 2 weeks, then as tolerated . Avoid twisting / rotation for 8 weeks post-op	Locked 0° - 90° of flexion with weight bearing weight bearing discontinue at 6 weeks	After 2 weeks, heel raises, closed chain exercises, terminal knee extension activities with brace until 6 weeks. NO weight bearing with flexion > 90°
8 -12 weeks	Full weight bearing Full active ROM	none	Progress closed chain activities, hamstring, lunges 0° - 90°, proprioception, leg press 0° - 90° flexion only, station. bike
12 – 16 weeks	Full weight bearing Full active/ passive ROM	No brace	Progress to single leg hops, jogging, plyometrics, sideboard, sports specific drills