

MENISCAL ALLOGRAFT TRANSPLANTATION REHABILITATION PROTOCOL

| | WEIGHTBEARING | BRACE | ROM | EXERCISES |
|--------------------------------|--|---|------------------------------|--|
| PHASE I 0-2 weeks | Heel touch weight bearing with crutches | Locked in full extension for sleeping and all activity Off for exercises and hygiene | 0-90° when nonweight bearing | Heel slides, quad sets, patellar mobs, SLR, SAQ** No weight bearing with flexion >90° |
| PHASE II 2-8 weeks | 2-6 weeks: Heel touch WB with crutches 6-8 weeks: Progress to full WB | 2-8 weeks: Locked 0-90° Off at night Discontinue brace at 8 weeks | As tolerated | Addition of heel raises, total gym (closed chain), terminal knee extensions** Activities w/ brace until 6 weeks; then w/o brace as tolerated No weight bearing with flexion >90° |
| PHASE III 8-12 weeks | Full | None | Full | Progress closed chain activities Begin hamstring work, lunges/leg press 0-90°, proprioception exercises, balance/core/hip/glutes Begin stationary bike |
| PHASE IV 12-20 weeks | Full | None | Full | Progress Phase III exercises and functional activities: single leg balance, core, glutes, eccentric hamstrings, elliptical, and bike Swimming okay at 16 wks |



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| PHASE V > 20 weeks | Full | None | Full | Advance to sport-specific drills and running/jumping once cleared by MD |
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*Brace may be removed for sleeping after first post-operative visit (day 7-10)

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