

## MENISCAL ALLOGRAFT TRANSPLANTATION REHABILITATION PROTOCOL

	<b>WEIGHT BEARING</b>	<b>BRACE</b>	<b>ROM</b>	<b>THERAPEUTIC EXERCISE**</b>
<b>PHASE I 0 - 8 weeks</b>	<p><b>0-2 weeks:</b> partial weight bearing - (up to 50%)</p> <p><b>2-6 weeks:</b> as tolerated with crutches - discontinue use of crutches at 4 weeks when gait normalizes</p>	<p><b>0-1 week:</b> locked in full extension for sleeping*</p> <p><b>0-2 weeks:</b> locked in extension for all weight bearing activities</p> <p><b>2-6 weeks:</b> Locked 0 - 90° - discontinue brace after 6 weeks</p>	<p><b>0-2 weeks:</b> non-weight bearing 0-90°</p> <p><b>2-8 weeks:</b> as tolerated, non-weight bearing</p>	<p><b>0-2 weeks:</b> Heel slides, quad sets, patellar mobs, SLR, SAQ</p> <p><b>2-8 weeks:</b> addition of heel raises, total gym (closed chain), and terminal knee extensions - activities with brace until 6 weeks, then without brace to tolerance</p> <p>NOTE: No weight bearing with flexion &gt;90° during phase I</p>
<b>PHASE II 8 - 12 weeks</b>	Full, without crutches	None	Full active range of motion	Progress closed chain activities, begin hamstring work, lunges 0-90° of flexion, proprioception exercises, leg press 0-90° - flexion only, begin stationary bike
<b>PHASE III 12 - 16 weeks</b>	Full with a normalized gait pattern	None	Full and pain-free	Progress phase II exercises and functional activities such as: single leg hops, jogging to running progression, plyometrics, slideboard, and sport-specific drills

\*Brace may be removed for sleeping after first post-operative visit (day 7-10)

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