

NAME: \_\_\_\_\_ DOS: \_\_\_\_\_

FREQUENCY/DURATION: \_\_\_ TIMES PER WEEK FOR \_\_\_ WEEKS

## Meniscal Transplantation

### Phase 1 (weeks 0-8)

- Weightbearing**
  - Weeks 0-2: Partial weightbearing (up to 50%)
  - Weeks 2-6: Advance to WBAT with crutches (d/c crutches at 4 weeks post-op if gait normalized)
  - No weight bearing with flexion greater than 60 degrees until week 6
- Hinged Knee Brace**
  - Worn for 4-6 weeks postop
  - Locked in full extension for ambulation and sleeping, remove for hygiene (Week 1)
  - Locked in full extension for ambulation, remove for hygiene and sleeping (Week 2)
  - Set to range from 0-90o for ambulation-remove for hygiene and sleeping (Weeks 3-6)
  - Discontinue brace at 6 weeks postop
- Range of Motion**
  - PROM --> AAROM --> AROM as tolerated
  - Weeks 0-2: non weight bearing 0-90 degrees
  - Weeks 2-8: full non weightbearing ROM as tolerated- progress to flexion angles greater than 90 degrees
    - Do not force flexion > 120 degrees
- Therapeutic Exercises**
  - Week 0-2: Quadriceps sets, heel slides, straight leg raises, patellar mobilization, co-contractions, prone hang
  - Week 2-8: Add heel raises and terminal knee extensions
  - Week 0-6: Activities in brace--> then without brace
  - **No weightbearing with flexion >90 degrees during Phase 1**
  - **Avoid tibial rotation for first 8 weeks to protect meniscal allograft**
  - No closed chain exercises until 6 weeks

### Phase 2 (weeks 8-12)

- Weightbearing**
  - As tolerated
- Range of Motion**
  - Advance to full/painless ROM
- Therapeutic Exercises**
  - Progress to closed chain exercises, begin hamstring strengthening
  - Lunges – 0-90 degrees, Leg press- 0-90 degrees ( flexion only )
  - Partial squats 0-60 degrees
  - Proprioception exercises
  - Begin use of stationary bicycle

### Phase 3 (Months 3-6)

- Weightbearing**
  - Full weightbearing with normal gait pattern
- Range of Motion**
  - Advance to full/painless ROM
- Therapeutic Exercises**
  - Continue with quad and hamstring strengthening
  - Focus on single-leg strength/proprioception
  - Begin jogging/running
  - Plyometric and sport specific drills(low impact)
- Gradual return to athletic activity as tolerated (6 months postop), maintenance program for strength and endurance**