

Meniscal Allograft Transplantation Rehab Protocol

Patient Name: _____

Date: _____

Diagnosis: _____

DOS: _____

Frequency: 1 2 3 4 times/week

Duration: 1 2 3 4 5 6 weeks

Phase 1 (0-6 weeks)

- Goals: Control swelling, restore neuromuscular communication loops, prevent kinesiphobia; gait training
- Modalities: Compressive cyrotherapy, e-stimulation
- Weightbearing: Non-weightbearing
- Brace:
 - Locked in full extension at all times initial 48 hours (2 days).
 - ROM opened 0-90° from day-2 through 4 weeks
 - ROM opened to full, 0-120° weeks 4-6.
- ROM:
 - First priority is to focus on regaining terminal extension.
 - Advance knee flexion ROM 5-10° daily as tolerated with goal of 90° within 2-3 weeks.
- Exercises:
 - 0-2wks: Quad sets, SLR, calf pumps, passive leg hangs to 90° at home
 - 2-6wks: PROM/AAROM to tolerance, patella and tibiofibular joint mobs, quad, hamstring, and glute sets, SLR, side-lying hip and core

Phase 2 (6-8 weeks)

- Weightbearing: Advance 25% weekly until full weightbearing. Instruct patient to recognize maladaptive gait.
- Brace: Begin to wean from brace after 6 weeks. Advocate to continue in uncontrolled settings or adverse weather.
- ROM: Full 0-120°.
- Exercises: Advance phase 1 exercises. Progress weightbearing flexibility, begin toe raises and closed chain quad work. Begin floor-based core and gluteal work, balance exercises, hamstring curls and stationary bike.

Phase 3 (8-12 weeks)

- Weightbearing: Full
- Brace: None
- ROM: Full
- Exercises: Progress closed chain activities. Begin hamstring work, lunges/leg press 0-90deg, proprioception exercises, balance/core/hip/glutes

Phase 4 (12wks – 20wks)

- Weightbearing: Full
- Brace: None
- ROM: Full
- Exercises: Progress phase 3 exercises and functional activities: Single leg balance, core, glutes, eccentric hamstrings, elliptical and bike. Swimming ok at 16 weeks

Phase 5 (> 12wks)

- Weightbearing: Full
- Brace: None
- ROM: Full
- Exercises: Advance to sport specific drills and running/jumping once cleared by MD

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

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