

Collagen Meniscal Implantation (CMI) Rehab Protocol

Patient Name: _____

Date: _____

Diagnosis: _____

DOS: _____

Frequency: 1 2 3 4 times/week Duration: 1 2 3 4 5 6 weeks

Phase 1 (0-6wks)

- **Weightbearing:**
 - Week 1: NWB
 - Week 2: Partial WB up to 30% of body weight with crutches
 - Week 3-4: Gradual increase of partial WB from 30-50% of body weight with crutches
 - Week 5-6: Partial WB from 50-90% of body weight with crutches
- **Brace:** Locked in full extension for all activity. Off only for exercises and hygiene
- **ROM:**
 - 0-4wk: 0-60 when non-weightbearing (CPM setting: 0-0-60°). Only PROM with motion exercises using well leg to support operated leg
 - 5-6wk: 0-90°.
- **Exercises:**
 - In seated position: Healthy leg provides support and leverage. Using healthy leg, raise flexed leg to full extension of affected knee joint then slowly lower. There should be no active muscle contraction of the affected leg. ROM: 0-60° (0-4wks); 0-90° (5-6wks)
 - In horizontal position: Start exercises as soon as muscle permits - SLR (with brace)
 - Patellar mobs

Phase 2 (7-8 weeks)

- **Weightbearing:** Increase to full WB. Crutches d/c when patient is able to ambulate without limp
- **Brace:** Locked 0-90degrees. Worn at all times except exercises and hygiene
- **ROM:** Begin active motion exercises and gradually increase to full range of motion as tolerated
- **Exercises:** Full active flexion as tolerated keeping foot flexed during entire exercise. Patellar mobs, SLR
 - Short arc quad extension exercise: flex outstretched surgical leg to 20° then slowly return to full extension
 - Cycling without resistance (home trainer): brace must be worn during exercise.
 - Day 1 (cycle x 3mins);
 - Day 2 (cycle x 5mins); Increase by up to 5mins/day as tolerated to a max of 45mins

Phase 3 (9-16wks)

- **Weightbearing:** Full
- **Brace:** Discontinue
- **ROM:** Full
- **Exercises:**
 - Shallow knee bends (0-30deg)
 - Cycling with increased resistance (home trainer) – maximum 45mins daily without brace
 - Water exercise (optional): Run in deep water using floatation vest. Be sure the foot does not touch the bottom of the pool. Day 1 (5mins); Increase by up to 5mins daily as tolerated to a max of 45mins

Phase 4 (5-6mo)

- **Weightbearing:** Full
- **Brace:** None
- **ROM:** Full
- **Exercises:** Exercises with elastic resistance cord: lateral agility exercises