MENISCAL ALLOGRAFT TRANSPLANTATION REHABILITATION PROTOCOL

	WEIGHT BEARING	BRACE	ROM	EXERCISES
PHASE I 0-8 weeks	**0-6 weeks:** Heel touch only **6-8 weeks:** Advance 25% weekly until full	**0-2 weeks:** Locked in full extension at all times* Off for hygiene and exercise only **2-8 weeks:** Brace worn daytime only, unlocked 0-90° Discontinue brace once weightbearing comfortably	0-90° as tolerated when non-weight bearing	**0-2 weeks:** Quad sets, SLR, calf pumps, passive leg hangs to 90° at home **2-6 weeks:** PROM/AAROM to tolerance, patella and tibiofibular joint mobs, quad, hamstring, and glute sets, side-lying hip and core **6-8 weeks:** Addition of heel raises, closed chain exercises, gait normalization, eccentric quads, eccentric hamstrings; advance core, glutes and pelvic stability **No weight bearing with flexion >90° or tibial rotation to protect meniscus**
PHASE II 8-12 weeks	Full	None	Full, caution with flexion >90° to protect meniscus	Progress closed chain activities Begin unilateral stance activities, balance training, hamstring work, hip/core/glutes, lunges/leg press 0-90°
PHASE III 12-24 weeks	Full	None	Full	Advance Phase II exercises; maximize core/glutes, pelvic stability work, eccentric hamstrings, balance Begin stationary bike at 12 weeks with low resistance Swimming as tolerated after 12 weeks Elliptical as tolerated after 16 weeks
PHASE IV > 6 months	Full	None	Full	Advance to functional activity without impact Return to sport-specific activity and impact once cleared by MD after 6-8 months

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

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

***Alignment correction procedures do not change protocol (ie HTO, DFO, TTO)

BRIAN J. COLE, MD, MBA
MIDWEST ORTHOPAEDICS AT RUSH
BrianColeMD.com

© 2003-2026 Dr. Brian J Cole, MD,MBA. All rights reserved.