

# MENISCAL ALLOGRAFT TRANSPLANTATION REHABILITATION PROTOCOL

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

\*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)