

Meniscal Allograft Transplant

POST-OPERATIVE REHABILITATION

- Patients are partial weight-bearing with use of crutches
- Avoid direct palpation of scar for 4 weeks
- No high impact activities, pivoting or twisting until able to pass Stone Fitness at 6 months
- No resisted knee extension machines, hamstring curl machines, wall squats/sits
- Patients are given a Fitness Test at 3 months, 6 months, and 1 year
- All timelines and recommendations are subject to change as each individual case is different

	Weight-bearing Status	Range of Motion (ROM)	Manual Therapy (with PT)	Recommended Exercises	Goals and Criteria for progression to next phase
Max Protection Phase: Wks 1-2	Partial weight-bearing with brace 10-20% of body weight Weight bearing in extension only	0-70 degrees days 1-7 0-90 degrees days 7-14	Patellofemoral mobilization -Soft tissue mobilization to lower limb musculature -Avoid direct palpation to portals	Knee Hangs Quad Sets Gluteal Sets Terminal Knee Extension Multi-directional Straight Leg Raise Calf Raises	1. Minimal pain, minimal swelling 2. Able to tolerate 50% weight bearing
Moderate Protection Phase: Wks 3-4	Partial weight-bearing with brace 50% weight-bearing Weight bearing in extension only	0-90 degrees	Patellofemoral mobilization -Soft tissue mobilization to lower limb musculature -Avoid direct palpation to portals	Knee ROM ex's	3. Normal extension and 90 degrees of flexion compared to other knee

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Endurance Phase: Wks 5-12	Full weight-bearing as tolerated <i>*Slowly wean from crutches wks 4-6 based on symptoms *</i>	0-120 degrees	Patellofemoral mobilization -Soft tissue mobilization to lower limb musculature **Initiate gentle scar mobilization if portals are closed	Calf Raises Mini squats Double Leg Press Straight Leg Raise Gait Training Progress to higher volume, lower load, functional exercises (i.e. double and single leg squats, step ups/downs)	1. ROM 0-120 2. Able to squat to 90 degrees without pain 3. Able to ascend/descend stairs pain free 4. Pass Stone Fitness Test I (@ 12 weeks)
Strength (Hypertrophy) Phase: Wks 13-18	Distance and terrain as strength/symptoms allow	0-120 degrees (>120 only if there are no symptoms, do not force knee through any restriction)	Continue Soft tissue and scar mobilization as needed and as a means of recovery	Higher Load, Low Volume Progressive, Closed- chain, resistance training for all lower extremity muscle groups Initiate resisted lateral movements	1. single leg squat within 80% well leg 2. thigh girth measurements within 80% well leg

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Power Phase: Wks 19-24	Distance and terrain as strength/symptoms allow	0-120 degrees	Continue Soft tissue and scar mobilization as needed and as a means of recovery	High Load, Low Volume and an increase in speed Activity Specific Training	3. Pass Stone Fitness Test II (@ 24 weeks) 6 Months: Begin Plyometric based loading if cleared by Dr. Stone
Agility Phase: Wks 24-30	Distance and terrain as strength/symptoms allow	Unrestricted as pain allows	As needed	Focus changes to ballistic movements, change of direction (cutting, pivoting) and unplanned movements Activity- specific training	1. Tolerating force absorption training 2. Initiate return to run progression

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Return to Sport Phase: Wks 30+	Distance and terrain as strength/symptoms allow	Unrestricted as pain allows	As needed	Exercises should be specific to the demands of activities and sports that the individual participates in	1. If competitive/professional athlete: Able to train 100% (allowing clearance for competitive play) 2.Patient Goal: