

MENISCAL ALLOGRAFT TRANSPLANTATION REHABILITATION PROTOCOL

	WEIGHT BEARING	BRACE	ROM	THERAPEUTIC EXERCISE**
PHASE I 0 - 8 weeks	<p>0-2 weeks: partial weight bearing - (up to 50%)</p> <p>2-6 weeks: as tolerated with crutches - discontinue use of crutches at 4 weeks when gait normalizes</p>	<p>0-1 week: locked in full extension for sleeping*</p> <p>0-2 weeks: locked in extension for all weight bearing activities</p> <p>2-6 weeks: Locked 0 - 90^o - discontinue brace after 6 weeks</p>	<p>0-2 weeks: non-weight bearing 0-90^o</p> <p>2-8 weeks: as tolerated, non-weight bearing</p>	<p>0-2 weeks: Heel slides, quad sets, patellar mobs, SLR, SAQ</p> <p>2-8 weeks: addition of heel raises, total gym (closed chain), and terminal knee extensions - activities with brace until 6 weeks, then without brace to tolerance</p> <p>NOTE: No weight bearing with flexion >90^o during phase I</p>
PHASE II 8 - 12 weeks	Full, without crutches	None	Full active range of motion	Progress closed chain activities, begin hamstring work, lunges 0-90 ^o of flexion, proprioception exercises, leg press 0-90 ^o - flexion only, begin stationary bike
PHASE III 12 - 16 weeks	Full with a normalized gait pattern	None	Full and pain-free	Progress phase II exercises and functional activities such as: single leg hops, jogging to running progression, plyometrics, slideboard, and sport-specific drills

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

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