

Meniscus Allograft Transplantation Rehabilitation Protocol

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Diagnosis: Meniscus Allograft Transplantation

PT Frequency: 2-4 times per week

ROM Restrictions: 0-90° x 8 weeks when non-weightbearing, full afterwards

Weightbearing Restrictions: Heel touch only x 6 weeks, PWB advancing 25% weekly until full starting at 6-8 weeks post-op

Weeks 0-8 (Phase I)

- Weight Bearing:
 - **0-6 weeks:** HTWB with crutches in brace in extension with crutches
 - **6-8 weeks:** Advance to partial weightbearing starting at 25% then 50% then 75% then full WBAT weekly
- Brace:
 - **0-2 weeks:** Locked in extension at all times. Off for hygiene and exercise only.
 - **2-8 weeks:** Brace worn during daytime only, unlocked 0-90°
 - Discontinue brace once weightbearing comfortably
- ROM: 0-90° as tolerated when non-weight bearing with emphasis on full extension
- Exercises:
 - **0-2 weeks:** Quad sets, SLR with brace locked in extension, calf pumps, passive leg hangs to 90° at home
 - **2-6 weeks:** PROM/AAROM to tolerance, patella and tibiofibular joint mobs, quad/hamstring/glute sets, side-lying hip and core exercises
 - **6-8 weeks:** Addition of heel raises, closed chain exercises, gait normalization, eccentric quads, eccentric hamstrings, advance core/glutes/pelvic stability
 - **NO weightbearing with flexion > 90° or tibial rotation to protect meniscus**

Weeks 8-12 (Phase II):

- Weight Bearing: Full WBAT
- Brace: None
- ROM: Full, caution with flexion > 90° to protect meniscus
- Exercises:
 - Progress closed chain activities
 - Begin unilateral stance activities, balance training, hamstring work, hip/core/glutes, lunges/leg press 0-90°

Weeks 12-24 (Phase III):

- Weight Bearing: Full
- Brace: None
- ROM: Full
- Exercises:

- Advance Phase II exercises; maximize core/glutes, pelvic stability work, eccentric hamstrings
- Begin stationary bike at 12 weeks with low resistance
- Elliptical as tolerated after 16 weeks

>6 months (Phase IV):

- Weight Bearing: Full
- Brace: None
- ROM: Full
- Exercises:
 - Advance to functional activity without impact
 - Return to sport-specific activity and impact once cleared by MD after 6-8 months