

## Rehabilitation Protocol:

### Meniscus Allograft Transplantation

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Orthopedic Surgeon | Sports Medicine

ARTHROSCOPIC SURGERY | JOINT RECONSTRUCTION



Name: \_\_\_\_\_

Date: \_\_\_\_\_

Diagnosis: \_\_\_\_\_

Date of Surgery: \_\_\_\_\_

#### Phase I (Weeks 0-8)

- **Weightbearing**
  - **Weeks 0-2:** Toe Touch Weightbearing
  - **Weeks 3-6: Advance 25% each week up to 6 weeks**
    - Advance to WBAT with crutches (d/c crutches at 4 weeks post-op if gait normalized)
- **Hinged Knee Brace:** worn for 6 weeks post-op
  - Locked in full extension for ambulation and sleeping – remove for hygiene (**Week 1**)
  - Locked in full extension for ambulation– remove for hygiene and sleeping (**Week 2**)
  - Set to range from 0-90° for ambulation- remove for hygiene and sleeping (**Weeks 3-6**)
  - Discontinue brace at 6 weeks post-op
- **Range of Motion** – PROM, AROM as tolerated
  - **Weeks 0-2:** Non-weightbearing 0-90°
    - **Weeks 2-8:** Full non-weightbearing ROM as tolerated – progress to flexion angles greater than 90°
- **Therapeutic Exercises**
  - Quadriceps sets, heel slides, straight leg raises, patellar mobilizations, co-contractions (**Weeks 0-2**)
  - Add heel raises and terminal knee extensions (**Weeks 2-8**)
  - Activities in brace for first 6 weeks – then without brace
  - **No weightbearing with flexion > 90° during Phase I**
  - **Avoid tibial rotation for first 8 weeks to protect the meniscal allograft**

#### Phase II (Weeks 8-12)

- **Weightbearing:** As tolerated
- **Range of Motion** – Full active ROM
- **Therapeutic Exercises**
  - Progress to closed chain extension exercises, begin hamstring strengthening
  - Lunges 0-90°, Leg press 0-90° (flexion only)
  - Proprioception exercises
  - Begin use of the stationary bicycle

#### Phase III (Months 3-6)

- **Weightbearing:** Full weightbearing with normal gait pattern
- **Range of Motion** – Full/Painless ROM
- **Therapeutic Exercises**
  - Continue with quad and hamstring strengthening
  - Focus on single-leg strength
  - Begin jogging/running
  - Plyometrics and sport-specific drills
- Gradual return to athletic activity as tolerated (6 months post-op)
- Maintenance program for strength and endurance

Frequency: 2-3 times per week

Duration: 6-8 weeks

Signature: \_\_\_\_\_

Date: \_\_\_\_\_