



## Post-Operative Rehabilitation for Meniscal Allograft Transplantation

### Phase I: Weeks 0-2

- Weight Bearing:
  - Heel Touch Weight bearing with crutches
- Brace:
  - Locked in full extension at all times, including sleep. May remove for showering.
- ROM:
  - Goal is symmetric extension (including hyperextension)
  - Flexion: 0-90° (Non weight bearing)
  - **AVOID** any tibial rotation for 8 weeks to protect meniscus
- Exercises
  - Heel slides, quad sets, patellar mobs, SLR
  - Ankle pumps, heel props, calf stretching

### Phase II: Weeks 2-8

- Weight Bearing:
  - Weeks 2-6: Heel Touch Weight bearing with crutches
  - Weeks 6-8 May progress weigh bearing as tolerated to full.
- Brace:
  - Locked 0-90° May be off at night and showering.
  - May remove for exercises after 6 weeks.
  - Discontinue Brace at 8 weeks.
- ROM:
  - **AVOID** any tibial rotation for 8 weeks to protect meniscus
  - Maintain symmetric extension
  - Progress as tolerated; **with no weight bearing flexion >90°**
- Exercises:
  - Maintenance of core/glute/hip strength and balance programs
  - Addition of heel raises, closed chain exercises, terminal knee extensions

### Phase III: Weeks 8-12

- ROM: FULL
- Exercises:

- Progress closed chain exercises
- Begin Hamstring work: Lunges 0-90°
- Proprioception exercise
- Maintain core/glute/hip strength
- May begin stationary bike

**Phase IV: Weeks 12-20**

- ROM: Full
- Exercises:
  - Progress Phase III exercises and functional activities
  - Add Single leg balance/proprioception exercise
  - Continue to maintain core/hip/glute strength
  - Begin eccentric hamstring exercise
  - Stationary bike, elliptical
  - Swimming at 16 weeks

**Phase V: Weeks 20+**

- Advance to sport-specific drills and running/jumping AFTER MD CLEARANCE