

# Rehabilitation Protocol: Meniscus Allograft Transplantation

## Dr Shane Hanzlik

### Phase I (Weeks 0-8)

- **Weight bearing:**
  - **Weeks 0-2:** Partial Weight bearing (up to 50%)
  - **Weeks 2-6:** 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<sup>0</sup> for ambulation- remove for hygiene and sleeping **(Weeks 3-6)**
  - Discontinue brace at 6 weeks post-op
- **Range of Motion - PROM -> AAROM -> AROM as tolerated**
  - **Weeks 0-2:** Non-weight bearing 0-90<sup>0</sup>
  - **Weeks 2-8:** Full non-weight bearing ROM as tolerated - progress to flexion angles greater than 90<sup>0</sup>
- **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 weight bearing with flexion > 90° during Phase I**
  - **Avoid tibial rotation for first 8 weeks to protect the meniscal allograft**

### Phase II (Weeks 8-12)

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

### Phase III (Months 3-6)

- **Weight bearing:** Full weight bearing 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