

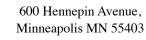
Meniscus Transplant Rehabilitation Protocol

Phase	Goals	Precautions/Restrictions	Treatment
Weeks 0-4	 Protect surgical site Active ROM: 0-90 degrees (Maximum) Reduce muscle atrophy Reduce swelling PRICE principles Decrease pain and inflammation 	 ROM: 0-90 degrees (Maximum) PWB with the knee in full extension using crutches (0- 4 weeks) WBAT (4+ weeks) Immobilizer worn at all times while walking (4 weeks) 	 ROM (limited to 0-90 deg x 4weeks): Heel slides Prone knee hangs/Supine knee extension with towel under ankle Patella mobilizations PRICE Cryotherapy: 5-7 times per day Compression with TubiGrip/TEDS Quadriceps recruitment Global LE isometric/proximal hip strengthening Gait training with crutches Initial visit: FOTO, LEFS
Weeks 4-16	 Discontinue knee immobilizer Full ROM Reduce atrophy/progress strengthening Reduce swelling Normalize gait SLR without extensor lag 	 Progress to WBAT (wean crutches) No loading at knee flexion angles >90 degrees (16 weeks) No jogging or sport activity Avoid painful activities / exercises 	 ROM: No limit Gait training from WBAT to independent Core stabilization exercises Global LE strengthening Limit deep knee flexion angles >90 degrees Begin functional strengthening exercises (bridge, mini-squat, step up, etc) Double limb and single limb balance/proprioception Aerobic training: Walking program when walking with normal gait mechanics Stationary bike/elliptical
Weeks 16-24	 Full ROM Increase functional LE strength No effusion Return to activity as tolerated 	 Jogging program initiated at 16 weeks Basic plyometric exercises may begin at 16 weeks with caution to avoid loaded high knee flexion 	 Gradually increase lifting loads focusing on form, control, and tissue tolerance Progress as tolerated: ROM, Strength, Endurance, Proprioception/Balance, plyometrics Week 16: FOTO, LEFS
Weeks 24+	 Full ROM Functional strengthening Return to sport/activity 	 Return to sport 6-12 months post-op Return to high demand sport >8 months 	 Gradually increase lifting loads focusing on form, control, and tissue tolerance Progress as tolerated: ROM, Strength, Endurance, Proprioception/Balance, agility, Sport specific skills Week 24: FOTO, LEFS

This protocol is not meant to be prescriptive but a recommendation to guide the rehabilitation process. Each patient's progress may vary based on specifics to their injury and procedure.



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