

## Meniscal Allograft Transplantation

	WEIGHTBEARING	BRACE	ROM	
PHASE I 0-2 weeks	Heel touch only	Locked full extension for sleeping and activities  off for hygiene and home exercises only	NWB 0-90°	<ul style="list-style-type: none"> <li>• Heel slides</li> <li>• Quad sets</li> <li>• Patellar mobs</li> <li>• SLR</li> <li>• Calf pumps</li> <li>• No WB with flexion &gt;90°</li> </ul>
PHASE II 2-8 weeks	<b>2-6 wks:</b> Heel touch only  <b>6-8 wks:</b> Progress to FWB	<b>2-8 wks:</b> Locked 0-90°  Off at night  Discontinue brace at 8 wks	As tolerated	<ul style="list-style-type: none"> <li>• Heel raises</li> <li>• Total gym (closed chain)</li> <li>• Terminal knee extension**</li> <li>• No WB with flexion &gt;90°</li> </ul>
PHASE III 8-12 weeks	FWB	None	Full	<ul style="list-style-type: none"> <li>• progress close chain</li> <li>• advance hamstring work</li> <li>• hamstring work, lunges/leg press 0-90° only</li> <li>• proprioception/balance</li> <li>• begin stationary bike</li> </ul>
PHASE IV 12 weeks-20 weeks	FWB	None	Full	<ul style="list-style-type: none"> <li>• Progress phase III and functional activities: walking lunges, planks, bridges, Swiss ball, etc.</li> <li>• Swimming ok at 16 wks</li> </ul>
PHASE V 6-9 months	FWB	None	Full	<ul style="list-style-type: none"> <li>• advance all activities with no impact, pivoting, jumping, running till cleared by MD</li> </ul>

\* Brace maybe removed for sleeping after first post-operative visit (7-14 days)

\*\* Avoid any tibial rotation for 8 weeks to protect meniscus