



Brian P. Davis, MD
 ABOS Board-Certified Sports Medicine,
 Shoulder, Knee, & Elbow Surgeon
 office: 303.321.1333
 BrianDavisMD.com

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

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

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