



Orthopaedic & Sports Medicine

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Meniscus Allograft Transplantation

PHASE I (Weeks 0 – 6): Period of protection, decrease edema, activate quadriceps

- **Weightbearing:** Heel-touch WB with crutches in brace
- **Hinged Knee Brace:**
 - **Weeks 0-2:** Locked in full extension for ambulation and sleeping
 - **Weeks 2-6:** Unlocked 0-90° for ambulation and removed while sleeping
- **Range of Motion:** AAROM → AROM as tolerated; **no weight-bearing with knee flexion angles >90°**
- **Therapeutic Exercises:** Patellar mobs, quad/hamstring sets, heel slides, Gastroc/Soleus stretching, SLRs with brace in full extension until quad strength prevents extension lag, total gym (closed chain)
 - Avoid tibial rotation for first 8 weeks to protect the allograft
- **Modalities:** Per therapist, including electrical stimulation, ultrasound, heat (before), ice (after)

Phase II (Weeks 6 – 12)

- **Weightbearing:** Increase 25% per week, progress to full WBAT by week 8
- **Hinged Knee Brace:** Wean out of brace between 6-8 weeks; discontinue at 8 weeks
- **Range of Motion:** Full
- **Therapeutic Exercises:** Progress Phase I exercises, progress closed chain exercises, **begin** hamstring exercises, toe lunges 0-90°, leg press 0-90°, begin proprioception exercises, work on balance/core/glutes
 - Begin use of the stationary bike at week 8
- **Modalities:** Per therapist, including electrical stimulation, ultrasound, heat (before), ice (after)

Phase III (Weeks 12 – 16)

- **Range of Motion:** Full, painless
- **Therapeutic Exercises:** Progress Phase II exercises, advance closed chain strengthening exercises and proprioception activities; focus on single-leg balance; begin elliptical; progress with stationary bike
 - Jogging okay at **12 weeks**
 - Swimming okay at **16 weeks**
- **Modalities:** Per therapist, including electrical stimulation, ultrasound, heat (before), ice (after)

Phase IV (Weeks 16 – 24)

- Progress Phase III exercises, focus on single-leg strength, progress plyometrics and sport-specific training
- Consider functional sports assessment

Phase V (>6 months): Gradual return to athletic activity

- Gradual return to sports participation after completion of functional sports assessment
- Encourage maintenance program based off functional sports assessment