Jennifer Thomson, MD
ORTHOPAEDIC SURGERY | SPORTS MEDICINE

Rehabilitation Protocol: Meniscal Allograft Transplantation

Phase I: 0-8 weeks

- Brace:
  - 0-2 weeks: Locked in full extension, off for hygiene and ROM exercise only
  - 2-8 weeks: Unlock during daytime 0-90 deg, otherwise locked in extension when sleeping until week 4
- Weightbearing:
  - 0-2 weeks: non-weightbearing
  - 2-6 weeks: heel touch weightbearing in extension
  - 6-8 weeks: advance 25% weekly until full, no weightbearing with flexion >90 deg or tibial rotation to protect meniscus
- ROM: 0-90 deg as tolerated when non-weightbearing
- Exercises:
  - 0-2 weeks: quad sets, SLR, calf pumps, passive leg hangs to 90 deg at home
  - 2-6 weeks: PROM/AAROM to tolerance, patella and tibiofibular joint mobs, quad, hamstring, and glute sets, side-lying hip and core
  - 6-8 weeks: addition of heel raises, closed chain exercises, gait normalization, eccentric quads, eccentric hamstrings; advance core, glutes, and pelvic stability

Phase II: 8-12 weeks

- Brace: None
- Weightbearing: full
- ROM: Full, caution with flexion >90 deg to protect meniscus
- Exercises:
  - Progress closed chain activities
  - Begin unilateral stance activities, balance training, hamstring work, hip/core/glutes, lunges/leg press 0-90 deg maximum

Phase III: 12-24 weeks

- Brace: None
- Weightbearing: Full
- ROM: Full
- Exercises:
  - Advance Phase II exercises; maximize core/glutes, pelvic stability work, eccentric hamstrings, balance
  - Begin stationary bike at 12 weeks with low resistance
  - Swimming with straight leg kicks as tolerated after 12 weeks, other rotational strokes >16 weeks
  - Elliptical as tolerated after 16 weeks

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Phase IV: 6+ months

- Brace: None
- Weightbearing: Full
- ROM: Full
- Exercises:
    - Advance to functional activity without impact
    - Return to sport-specific activity and impact once cleared by MD, typically closer to 9-12 months post-op.

*Avoid any tibial rotation for 8 weeks to protect meniscus
*Alignment correction procedures do not change protocol (ie, HTO, DFO, TTO)

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