

Rehabilitation Protocol: Meniscal Allograft Transplantation

	Weight Bearing	Brace	Range of Motion	Therapeutic Elements
PHASE I 0 - 2 weeks	Touch-down weight bearing (TDWB) with crutches.	Locked in extension at all times. May remove for exercises.	Passive flexion 0 - 90°. Obtain full extension.	Heel slides, Quad and hamstring sets, Patella mobilizations, Straight leg raises, Prone hangs. Start BFR. ICE 3x/day x 20 minutes (Do not place directly on exposed skin) Modalities as needed.
2 - 6 weeks	50% Partial (PWB) Week 4: As tolerated (WBAT) with crutches.	Progressively open brace to 90°.	Advance non-weight bearing A/PROM to full as tolerated.	Limit WB exercise to flexion angles less than 90°. Continue BFR.
PHASE II 6 - 12 weeks	Discontinue crutches. Full weight bearing. (FWB)	Discontinue brace at 6 weeks.	Full ROM.	Begin Stationary bike. Progress closed chain exercises. Short arc wall sits and leg press. Balancing exercises.
PHASE III 12 - 16 weeks	FWB.	None.	Full ROM.	Advance closed chain strengthening, leg press, leg curls. Plyometric and proprioceptive training.
4 - 6 months	FWB.	None.	Full ROM.	Jogging and return to sport-specific exercises.