

MENISCUS TRANSPLANTATION
PHYSICAL THERAPY PROTOCOL

Recommend 2-3x/week for 8 weeks
Please contact office for renewal as needed

Weeks 0-2	<ul style="list-style-type: none"> • Brace at all times (see below for ROM restrictions and brace settings) • Toe touch weight bearing with brace in full extension when ambulating <ul style="list-style-type: none"> • Locked in full extension when sleeping • When not ambulating, 0-90° when sitting/performing PT • Heel slides, quad sets, patellar mobilization, ankle pumps, straight leg raises (with brace locked)
Weeks 2-6	<ul style="list-style-type: none"> • WBAT with crutches for support – discontinue crutches at 4 weeks when gait normalizes • Brace set 0-90° when ambulating – NO weight bearing with knee >90° flexion <ul style="list-style-type: none"> • Discontinue brace at 6 weeks • Full ROM allowed when not ambulating/at rest/with PT • Addition of heel raises, closed chain exercises, terminal knee extension <ul style="list-style-type: none"> • With brace until 6 weeks then may d/c brace after 6 weeks • Avoid tibial rotation
Weeks 6-12	<ul style="list-style-type: none"> • WBAT without crutches/brace and full active ROM allowed • Progress closed chain strengthening and begin stationary bike exercises • Hamstring work, lunges (0-90° only)
Weeks 12-16+	<ul style="list-style-type: none"> • Continue to advance with week 6-12 exercises • Progress to functional activities <ul style="list-style-type: none"> • Jogging to running progression, slideboard, single leg hops, plyometrics • Sports-specific exercises