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## **Post-Operative Rehabilitation Guidelines for Meniscus Allograft Transplant and ACL reconstruction PT**

### **Phase 1: 0-2 weeks**

WB: NWB, bearing with crutches  
Brace: Locked in full extension for sleeping and all activity  
ROM: 0-90° when non-weight bearing  
Exercises: Heel slides, quad sets,  
patellar mobs, SLR, SAQ\*\*  
\*\*\*No weight bearing with flexion >90°  
Brace off for exercises and hygiene

### **Phase II: 2-8 weeks**

WB: 2-6 weeks: Heel touch WB with crutches  
WB: 2-8 weeks: TTWB advance to 25% WB by week 5, progress to full WB at week 6  
\*Wean from crutches as gait improves  
\*\*\*No WB with flexion over 90 degrees  
ROM: 0-90 deg at week 2, 0-105 deg at week 4, 0-120 at week 6  
Brace: Off at night, unlocked 0-90  
Exercises: Addition of heel raises, total  
gym (closed chain), terminal  
knee extensions\*\*  
6-8 weeks:  
Activities w/ brace until 6 weeks; then w/o brace as tolerated  
No weight bearing with flexion >90°

### **Phase III: 8-12 weeks:**

Weightbearing: Full.  
Brace: None.  
ROM: Full exercises: Begin toe raises, closed chain quads, balance exercises, hamstring  
curls, stationary bike, step ups, front and side planks; advance hip/core.

### **Phase IV: 12-16 weeks:**

Weight Bearing: Full.  
Brace: None.  
ROM: Full.  
Exercises: Advance closed chain strengthening. Progress proprioception activities. Begin  
StairMaster, elliptical at 12 wks; Running straight ahead at 16 weeks.

### **Phase V: 16-24 weeks:**

Weight Bearing: Full.

Brace: None

ROM: Full.

Exercises:

- 16 wks: Begin jumping
- 20 wks: Advance to sprinting, backward running, cutting/pivoting/changing direction, initiate plyometric program and sport-specific drills
- 22 wks: Advance as tolerated.
- FSA completed at 22 weeks.

**Phase VI: > 6months:**

Weight Bearing: Full.

Brace: None

ROM: Full and pain-free.

Exercises: Gradual return to sports participation after completion of FSA. Maintenance program based on FSA.