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MENISCAL ALLOGRAFT TRANSPLANTATION REHABILITATION PROTOCOL

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

WB: Full
Brace: None
WB: Full
Exercises: Progress closed chain activities
Begin hamstring work, lunges/leg press 0-90°,
proprioception exercises,
balance/core/hip/glutes
Begin stationary bike

Phase IV: 12-20 weeks

WB: Full
Brace: None
WB: Full
Exercises: Phase III exercises and functional activities:
single leg balance, core, glutes, eccentric hamstrings,
elliptical, and bike Swimming okay at 16 wks

Phase V: > 20 weeks

WB: Full

Brace: None

WB: Full

Exercises: Advance to sport-specific drills and running/jumping once cleared by MD

*Brace may be removed for sleeping after first post-operative visit (day 7-10)

**Avoid any tibial rotation for 8 weeks to protect meniscus