

Meniscus Transplant Rehabilitation Protocol

Phase	Goals	Precautions/Restrictions	Treatment
Weeks 0-4	<ul style="list-style-type: none"> • Protect surgical site • Active ROM: 0-90 degrees (Maximum) • Reduce muscle atrophy • Reduce swelling • PRICE principles • Decrease pain and inflammation 	<ul style="list-style-type: none"> • ROM: 0-90 degrees (Maximum) • PWB with the knee in full extension using crutches (0-4 weeks) • WBAT (4+ weeks) • Immobilizer worn at all times while walking (4 weeks) 	<ul style="list-style-type: none"> • ROM (limited to 0-90 deg x 4weeks): <ul style="list-style-type: none"> ○ Heel slides ○ Prone knee hangs/Supine knee extension with towel under ankle ○ Patella mobilizations • PRICE <ul style="list-style-type: none"> ○ Cryotherapy: 5-7 times per day ○ Compression with TubiGrip/TEDS • Quadriceps recruitment • Global LE isometric/proximal hip strengthening • Gait training with crutches • Initial visit: FOTO, LEFS
Weeks 4-16	<ul style="list-style-type: none"> • Discontinue knee immobilizer • Full ROM • Reduce atrophy/progress strengthening • Reduce swelling • Normalize gait • SLR without extensor lag 	<ul style="list-style-type: none"> • Progress to WBAT (wean crutches) • No loading at knee flexion angles >90 degrees (16 weeks) • No jogging or sport activity • Avoid painful activities / exercises 	<ul style="list-style-type: none"> • ROM: No limit • Gait training from WBAT to independent • Core stabilization exercises • Global LE strengthening <ul style="list-style-type: none"> ○ Limit deep knee flexion angles >90 degrees ○ Begin functional strengthening exercises (bridge, mini-squat, step up, etc) ○ Double limb and single limb balance/proprioception • Aerobic training: <ul style="list-style-type: none"> ○ Walking program when walking with normal gait mechanics ○ Stationary bike/elliptical • Week 6: FOTO, LEFS
Weeks 16-24	<ul style="list-style-type: none"> • Full ROM • Increase functional LE strength • No effusion • Return to activity as tolerated 	<ul style="list-style-type: none"> • Jogging program initiated at 16 weeks • Basic plyometric exercises may begin at 16 weeks with caution to avoid loaded high knee flexion 	<ul style="list-style-type: none"> • Gradually increase lifting loads focusing on form, control, and tissue tolerance • Progress as tolerated: ROM, Strength, Endurance, Proprioception/Balance, plyometrics • Week 16: FOTO, LEFS
Weeks 24+	<ul style="list-style-type: none"> • Full ROM • Functional strengthening • Return to sport/activity 	<ul style="list-style-type: none"> • Return to sport 6-12 months post-op • Return to high demand sport >8 months 	<ul style="list-style-type: none"> • Gradually increase lifting loads focusing on form, control, and tissue tolerance • Progress as tolerated: ROM, Strength, Endurance, Proprioception/Balance, agility, Sport specific skills • Week 24: FOTO, LEFS

This protocol is not meant to be prescriptive but a recommendation to guide the rehabilitation process. Each patient's progress may vary based on specifics of their injury and procedure.