

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 to their injury and procedure.



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