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## **MENISCAL TRANSPLANT** **POSTOPERATIVE PHYSICAL THERAPY PROTOCOL**

### **Weeks 1-4**

- \_\_\_ Hinged, double-upright brace in full extension
- \_\_\_ Touch Down (20%) weight bearing for first 4-6 weeks
- \_\_\_ Quadriceps and Adductor isometrics
- \_\_\_ SLR's into flexion, extension, abduction and adduction (Active assist progressed to Active)
- \_\_\_ Passive (CPM) and AAROM (ROM limited to 0-90° knee flexion)
- \_\_\_ Manual and self stretch for Hamstrings, Gastrocnemius, Hip flexors and ITB/lateral retinaculum
- \_\_\_ Gentle Patella, fibular head and scar mobilization
- \_\_\_ NMES for Quadriceps re-education daily
- \_\_\_ Cryotherapy for pain/edema/effusion

### **Weeks 4-6**

- \_\_\_ Continue Hinged, double-upright brace in full extension
- \_\_\_ Progressive partial WB to full WB at week 6
- \_\_\_ Initiate PWB closed kinetic chain strengthening
- \_\_\_ Continue proximal lower extremity open chain exercise
- \_\_\_ Begin gentle Quadriceps stretching as tolerated  
(concentrating on proximal attachment – limiting knee flexion to less than 120°)
- \_\_\_ Continue gentle Patella, fibular head and scar mobilization
- \_\_\_ Continue NMES for Quadriceps re-education daily
- \_\_\_ Continue Cryotherapy for pain/edema/effusion

### **Weeks 6-12**

- \_\_\_ Discontinue Hinged, double-upright brace in full extension
- \_\_\_ Full weight bearing
- \_\_\_ Begin gait training and standing proprioceptive training
- \_\_\_ Progress closed kinetic chain strengthening for lower extremity
- \_\_\_ Progress open kinetic chain strengthening for hip
- \_\_\_ Begin gentle resisted open kinetic chain knee extension (90°- 30° flexion)
- \_\_\_ Continue gentle Patella, fibular head and scar mobilization
- \_\_\_ Continue NMES for Quadriceps re-education daily
- \_\_\_ Continue Cryotherapy for pain/edema/effusion

### **Weeks 12-24**

- \_\_\_ Continue gait training and proprioceptive training
- \_\_\_ Progress closed and open kinetic chain strengthening for lower extremity  
(avoid hyperflexion at knee and full open kinetic chain knee extension)
- \_\_\_ Begin resisted hamstring strengthening
- \_\_\_ Continue lower extremity strengthening
- \_\_\_ Begin light jogging, progress to light recreational activities by 20-24 weeks
- \_\_\_ Continue NMES for Quadriceps re-education PRN
- \_\_\_ Continue Cryotherapy for pain/edema/effusion PRN