

MENISCAL TRANSPLANT

POSTOPERATIVE PHYSICAL THERAPY PROTOCOL

- Weeks 1-4**
- ___ Hinged, double-upright brace in full extension
 - ___ Toe touch weight bearing for first 4 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 by 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