



## Rehabilitation Protocol: Meniscal Allograft Transplantation

	Weight Bearing	Brace	Range of Motion	Therapeutic Elements
<b>PHASE I</b> 0 – 2 weeks	Touch-down weight bearing (TDWB) with crutches.	Locked in extension at all times. May remove for exercises.	Passive flexion 0 – 90 degrees. Obtain full extension.	Heel slides, Quad and hamstring sets, Patella mobilizations, Straight leg raises, Prone hangs.  ICE 3x/day x 20 minutes (Do not place directly on exposed skin)  Modalities as needed.
2-6wks	As tolerated (WBAT) with crutches.	Progressively open brace to 90 degs.	Advance non-weight bearing A/PROM to full as tolerated.	Limit WB exercise to flexion angles less than 90 degs.
<b>PHASE II</b> 6 – 12 weeks	Discontinue crutches.  Full weight bearing. (FWB)	Discontinue brace at 6wks.	Full ROM.	Begin Stationary bike. Progress closed chain exercises. Short arc wall sits and leg press. Balancing exercises.
<b>PHASE III</b> 12 - 16 weeks	FWB.	None.	Full ROM.	Advance closed chain strengthening, leg press, leg curls. Plyometric and proprioceptive training.
4 – 6 months	FWB.	None.	Full ROM.	Jogging and return to sport-specific exercises.

### LOCATIONS

**2600 Belle Chasse Hwy  
 Gretna, LA, 70056  
 Tel: 504-391-7670  
 Fax: 504-378-9439**

**4633 Wichers Drive  
 Marrero, LA, 70072  
 Tel: 504-347-5421  
 Fax: 504-340-5171**