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## Rehabilitation Protocol: Meniscus Allograft Transplantation

### Phase I (Weeks 0-8)

- **Weightbearing:**
  - + Weeks 0-2; Partial Weightbearing (up to 50%)
  - + Weeks 2-6: Advance to WBAT with crutches (d/c crutches at 4 weeks post-op if gait normalized)
  - + Hinged Knee Brace: worn for 6 weeks post-op
  - + Locked in full extension for ambulation and sleeping –remove for hygiene (Week 1)
  - + Locked in full extension for ambulation— remove for hygiene and sleeping (Week 2)
  - + Set to range from 0-90° for ambulation- remove for hygiene and sleeping (Weeks 3-6)
  - + Discontinue brace at 6 weeks post-op
- **Range of Motion** –PROM 4 AAROM 4 AROM as tolerated
  - + Weeks 0-2: Non-weightbearing 0-90°
  - + Weeks 2-8: Full non-weightbearing ROM as tolerated –progress to flexion angles greater than 90°
- **Therapeutic Exercises**
  - + Quadriceps sets, heel slides, straight leg raises, patellar mobilizations, co-contractions (Weeks 0-2)
  - + Add heel raises and terminal knee extensions (Weeks 2-8)
  - + Activities in brace for first 6 weeks –then without brace
  - + No weightbearing with flexion > 90° during Phase I
  - + Avoid tibial rotation for first 8 weeks to protect the meniscal allograft

### Phase II (Weeks 8-12)

- Weightbearing: As tolerated
- Range of Motion –Full active ROM
- Therapeutic Exercises
  - + Progress to closed chain extension exercises, begin hamstring strengthening
  - + Lunges 0-90°, Leg press 0-90° (flexion only)
  - + Proprioception exercises

- + Begin use of the stationary bicycle

### **Phase III (Months 3-6)**

- Weightbearing: Full weightbearing with normal gait pattern
- Range of Motion - Full/Painless ROM
- Therapeutic Exercises
  - + Continue with quad and hamstring strengthening
  - + Focus on single-leg strength
  - + Begin jogging/running
  - + Plyometrics and sport-specific drills
  - + Gradual return to athletic activity as tolerated (6 months post-op)
  - + Maintenance program for strength and endurance