

MENISCUS TRANSPLANT REHABILITATION PROTOCOL

	WEIGHT BEARING	BRACE	ROM	EXERCISES
PHASE I 0-4 weeks	Toe touch weight bearing with crutches and brace locked in extension	Locked in full extension for sleeping and all activity Off for exercises and hygiene	NWB motion 0-90 degrees	Heel slides, quad sets, patellar mobs, SLR, SAQ* No weight bearing with flexion >90°
PHASE II 4-8 weeks	4-6 weeks: Progress to FWB with crutches and brace locked in extension 6-8 weeks: FWB with brace open as quad allows	Off at night 4-6 weeks: Locked for ambulation, open to achieved motion in sedentary positions 6-8 weeks: Open to ambulate if adequate quad control	Week 4-6 continue NWB motion 0-90 degrees Week 6-8 progress motion as tolerated	Addition of heel raises, total gym (closed chain), terminal knee extensions Activities w/ brace until 6 weeks; then w/o brace as tolerated No weight bearing with flexion >90°
PHASE III 8-12 weeks	Full	None	Full	Progress closed chain activities Begin hamstring work, lunges/leg press 0-90°, proprioception exercises, balance/core/hip/gluteal Begin stationary bike No weight bearing with flexion >90°
PHASE IV 12-20 weeks	Full	None	Full	Progress Phase III exercises and functional activities: single leg balance, core, gluteal, eccentric hamstrings, elliptical, and bike Swimming okay at 16 weeks (flutter kick only)
PHASE V > 20 weeks	Full	None	Full	Advance to sport-specific drills and running/jumping once cleared by MD

*Avoid any tibial rotation for 8 weeks to protect meniscus