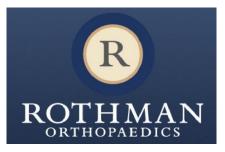
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Meniscal Transplant Physical Therapy Protocol

Patient Name:						Da	ate:_		
Surgery: s/p (L	EFT / R	IGHT) MENISCAI	L TRANSPLA	NT (med	lial /	late	ral)
Date of Surgery	r:			-					
Frequency: 1	2 3	4	times/week	Duration: 1	2	3	4	5	6 Weeks
<u>Weeks 0-4</u>	 Hinged knee brace locked in full extension for WB- must achieve full extension early on Toe touch weight bearing for first 6 weeks Quadriceps and Adductor isometrics - avoid tibial rotation for 8 weeks (protect meniscus) 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 MMES for Quadriceps re-education daily 								
<u>Weeks 4-6</u>	 Continue Hinged knee brace, locked from 0°-90° when WB 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 								
<u>Weeks 6-12</u>	 Discontinue Hinged knee brace around 8 weeks when quadriceps have good control Progressive partial WB to full WB beginning at week 6 Begin gait training and standing proprioceptive training; ROM as tolerated 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 								
<u>Weeks 12-24</u>	 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 								
Functional	Capacit	y Eva	luation	Work Harden	ing/V	Vork	Con	nditio	oning Teach HEP
Modalities Electric Stir	nulation		Ultrasound	Iontophore	sis _	P	honc	opho	resisTENSHeat before
Ice after	_Trigger	poin	ts massage	Therapist's	s disc	retio	n		
Signature						Date			