Meniscal Transplant Physical Therapy Protocol

Patient Name:_________________________________________Date:_______________
Surgery: s/p ( LEFT / RIGHT ) MENISCAL TRANSPLANT ( medial / lateral )
Date of Surgery:______________________
Frequency: 1 2 3 4 times/week Duration: 1 2 3 4 5 6 Weeks

**Weeks 0-4**
- 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
- NMES for Quadriceps re-education daily

**Weeks 4-6**
- 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

**Weeks 6-12**
- 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

**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

- Functional Capacity Evaluation    - Work Hardening/Work Conditioning     - Teach HEP

Modalities
- Electric Stimulation   - Ultrasound   - Iontophoresis   - Phonophoresis   - TENS   - Heat before
- Ice after   - Trigger points massage   - Therapist’s discretion

Signature__________________________________________ Date__________________