

## Sports Medicine

# Meniscal Transplant Post Op Protocol

Timing of each phase varies based on: size of the tear, quality of tissue, length of time immobilized, strength/range of motion status, and expected performance/activity demands.

### **Brace/Crutches:**

- Strict toe touch weight bearing 0-3 wks
- Crutch Training 0-3 wks
- Begin partial weight bearing 4 wks
- Full weight bearing 6 wks

### **Range of motion**

#### **Limitations:**

- 0-3 wks: 0-90<sup>0</sup>
- 3-6 wks: 0-120<sup>0</sup>
- 6+ wks: Full range of motion

#### **Modalities:**

- At Therapists Discretion
- ICE use 3-4 x/day for first 10-14 days.

### **Aquatic Therapy:**

- 2 wks if wounds healed
- Flutter Kick Only

### **Other Restrictions:**



## **Phase 1 - Protection/Range of Motion (Post-Op Weeks: 0-3)**

**Goal:** Protect Graft, Control Inflammation

### **A. Protection/Immediately Post-Op**

Range of motion 0-90<sup>0</sup>

Strict toe touch weight bearing on crutches, non weight bearing in

PT ( No Bike, No Total Gym)

Strengthening w/ Quad Sets & Straight Leg Raises

## **Phase 2 - Range of Motion (Post-Op Weeks: 3-6)**

**Goal:** Protect Graft, maintain full extension & progress flexion range of motion, control swelling.

### **A. Progress range of motion**

Continue Quad Sets & straight leg raise

Range of motion 0-120<sup>0</sup>

Begin partial weight bearing at 4 weeks & progress to full weight bearing at 6 weeks

Light Exercise Bike at 4 weeks

Hamstring Strengthening at 6 weeks

## **Phase 3 – Range of Motion/Strengthening (Post-Op Weeks: 6+)**

**Goal:** Protect Graft, Keep Full range of motion, Improve strength, endurance, and proprioception

### **A. Range of Motion**

Full range of motion

Gait Training

### **B. Strengthening**

Begin Closed Chain Double Leg Strengthening

Balance & Proprioception as tolerated (double & single leg)

Gradually Increase Resistance on the Exercise Bike

Begin Biking Outside on flat patient tolerated

## **Phase 4 - Functional Progression (Post-Op Weeks: 12+)**

**Goal:** Strengthen, Neuromuscular control in functional activities, patient education to return to play

Progress flexibility and strengthening program

Begin Functional exercises (Progress as tolerated)

Progress to sport specific as tolerated