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MENISCUS TRANSPLANT REHABILITATION PROTOCOL

Patient Name: _____ **Date:** _____

Frequency: _____ **per week, for** _____ **weeks** **SITE** **R** **L**

Our protocol for rehabilitation following meniscal transplant is divided into four phases; maximum protection, moderate protection, advanced phase and return to activity phase. Weight bearing is restricted in the early phase to allow for graft re-vascularization.

Phase I • Maximum Protection Phase: Weeks 1-4

Stage I: Immediate post-surgery day: week 1

- Ice, compression, elevation
- Electrical Muscle Stimulation
- Week 0-2: Brace locked at 0 for ambulation and sleep (remove for hygiene and PT)
- Weeks 2-4: Brace unlocked for ambulation and removed for sleep, hygiene and PT
- Weight-Bearing: toe-touch weight-bearing first 4 weeks
- Range of Motion 0-90 for first 6 weeks
- Patellar Mobilization
- Scar tissue Mobilization
- Passive Range of Motion

Exercises:

quadiceps isometrics
hamstring isometrics (posterior horn no hamstring exercises for 6 weeks)
hip abd/adduction
Weight bearing toe touch
Proprioception Training

Stage II: Weeks 2-6

Exercises:

- PRE program initiated
- Closed chain kinetic exercises begun with weight bearing
- Cycling
- Flexibility Exercises
- No forced flexion or pivoting weeks 0-6
- Progress WB from toe-touch to WBAT over weeks 4-6

Moderate Protection Phases: Weeks 6-10

Brace: Discontinue brace when patient has achieved full extension with no extensor lag

Goals: Increase strength, power, endurance
Normalize ROM of knee Prepare patient for advanced exercises

Criteria To Progress To Phase II:

1. Range of Motion 0-90
2. No change in Pain or Effusion
3. Quad Control
"Good MMT"

Exercises:

Strength - PRE program continues
WBAT
Flexibility Exercises are emphasized
Lateral Step-ups - 30 sec x 5 sets -> 60 sec x 5 sets
Mini-squats
Isokinetic Exercises

Endurance Program:

Swimming
Cycling Nordic
Track Stair
Machines Pool
Running

Coordination Program:

Balance Board High
Speed Bands Pool
Sprinting Backward
Walking

Plyometric Program

Phase III

Advanced Phase: Weeks 11-15

Goals:

Increase Power, Endurance
Emphasize Return to Skill Activities
Prepare to Return to Full Unrestricted Activities

Criteria To Progress To Phase III:

1. Full non-painful ROM
2. No pain or tenderness
3. Satisfactory Isokinetic Test
4. Satisfactory clinical exam

Exercises:

Continue all Exercises in Phase II
Increase Tubing Program, Plyometrics. Pool program
Initiate Running Program

Return To Activity:

Running at 4-6 months

Full activities 6-9 months

Criteria For Return To Activity:

1. Full non-painful ROM
2. Satisfactory Clinical Exam
3. Satisfactory Isokinetic Test
4. Normal proprioception

Send Progress notes

Physician's Signature:

(I have medically prescribed the above treatments)

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