

Meniscus Transplant

	<u>Weight Bearing</u>	<u>Brace</u>	<u>ROM</u>	<u>Exercises</u>
Phase I Weeks 0-2 PT 1-2x/week HEP daily	Foot Flat WB in brace w/ crutches	Locked in full extension for sleeping and all activity Off for exercises & hygiene	0-90° when nonweight bearing	Heel slides, quad sets, patella mobs SLR, short arc quad**
Phase II Weeks 2-8 PT 2-3x/week HEP daily	2-6 weeks: Foot Flat WB with crutches 6-8 weeks: Progress to full WB	2-6 weeks: Locked in full extension for sleeping and all activity Wean brace at 6 weeks	2-6 weeks: 0-90 6-8 weeks: Progress to full ROM	Continue Phase 1 Heel raises, closed chain Terminal knee extension avoiding tibial rotation ** Activities w/ brace until 6 weeks After 6 weeks, w/o brace as tolerated No weight bearing with flexion > 90°
Phase III Weeks 8-12 PT 2-3x/week HEP daily	WBAT	None	Full	Progress closed chain activities Begin hamstring work, lunges/leg press 0-90°, proprioception exercises, balance/core/hip/glutes Begin stationary bike
Phase IV Weeks 12-20 PT 1-2x/week HEP daily	WBAT	None	Full	Progress Phase III exercises & functional activities Single leg balance, core, glutes, eccentric hamstrings, elliptical, bike Ok to begin swimming at 16 weeks
Phase V > 20 weeks PT 1x/week HEP daily	WBAT	None	Full and painfree	Advance to sport-specific drills & running/jumping once cleared by MD

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