

## Physical Therapy Prescription – Meniscus Allograft Transplantation

Name: \_\_\_\_\_ Date of Surgery: \_\_\_\_\_

Procedure: R / L knee arthroscopy, meniscus allograft transplantation

Frequency: 2-3 times per week for 6 weeks

**PHASE I (Weeks 0 – 6):** Period of protection, decrease edema, activate quadriceps

- **Weightbearing:** Toe-touch/Heel-touch WB with crutches in brace
- **Hinged Knee Brace:** Locked in full extension for ambulation and sleeping
- **Range of Motion:** AAROM → AROM as tolerated; **no weight-bearing with knee flexion angles >90°**
- **Therapeutic Exercises:** Patellar mobs, quad/hamstring sets, heel slides, Gastroc/Soleus stretching, SLRs with brace in full extension until quad strength prevents extension lag, total gym (closed chain)
  - Avoid tibial rotation for first 8 weeks to protect the allograft
- **Modalities:** Per therapist, including electrical stimulation, ultrasound, heat (before), ice (after)

**Phase II (Weeks 6 – 12)**

- **Weightbearing:** Increase 25% per week, progress to full WBAT by week 8
- **Hinged Knee Brace:** Wean out of brace between 6-8 weeks; discontinue at 8 weeks
- **Range of Motion:** Advance to full
- **Therapeutic Exercises:** Progress Phase I exercises, progress closed chain exercises, **begin** hamstring exercises, lunges 0-90°, leg press 0-90°, begin proprioception exercises, work on balance/core/glutes
  - Begin use of the stationary bike at week 8
- **Modalities:** Per therapist, including electrical stimulation, ultrasound, heat (before), ice (after)

**Phase III (Weeks 12 – 16)**

- **Range of Motion:** Full, painless
- **Therapeutic Exercises:** Progress Phase II exercises, advance closed chain strengthening exercises and proprioception activities; focus on single-leg balance;; progress with stationary bike
  - Swimming okay at **16 weeks**
- **Modalities:** Per therapist, including electrical stimulation, ultrasound, heat (before), ice (after)

**Phase IV (Weeks 16 – 24)**

- Progress Phase III exercises, focus on single-leg strength, progress to elliptical and linear running, may introduce plyometrics and sport-specific training at 20 weeks,
- Consider functional sports assessment
  - May introduce jogging at 16-20 weeks

**Phase V (>6 months):** Gradual return to athletic activity

- Gradual return to sports participation after completion of functional sports assessment
- Encourage maintenance program based off functional sports assessment

Signature: \_\_\_\_\_

Date: \_\_\_\_\_