



## Meniscal Allograft Rehabilitation Protocol

**\*\*NO SLR, LAQ, OR KNEE EXTENSION FOR ALL PHASES**

	Weight Bearing	Brace	Range of Motion	Therapeutic Exercises
<b>Phase I</b> 0 - 4 weeks	NWB	Long leg immobilizer to be worn at all times (except hygiene)	No ROM	Quad/HS/glute sets, ankle pumps, 4-way ankle  Long sitting hamstring and calf stretching  Standing hip extension, abduction and adduction SLR
<b>Phase II</b> 4 - 8 weeks	<b>Week 4:</b> 33% WB <b>Week 5:</b> 66% WB <b>Week 6:</b> FWB	Discontinue brace when patient can perform 10 SLR without extension lag  Fit for unloader brace	Progress to full AROM as pain allows	Stationary bike (no resistance), HS curls  Weight shifting and TKE (per WB restrictions)  Progress to closed chain exercise as WB allows  WBAT: step-ups, step-downs, standing SLR, progressive balance activities
<b>Phase III</b> 8 - 12 weeks	FWB with normalized gait pattern	Unloader brace	Full, pain free ROM	Continue phase II exercises and progress closed chain strengthening