

## Physical Therapy Prescription – Meniscus Allograft Transplantation with Osteochondral Allograft Transplant

Name: \_\_\_\_\_

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

Procedure: R / L meniscus transplantation

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

Frequency: 2-3 times per week for \_\_\_\_\_ weeks

### PHASE I (Weeks 0 – 2): Period of protection, decrease edema, activate quadriceps

- **Weightbearing:** Heel-touch WB with crutches in brace
- **Hinged Knee Brace:** Locked in full extension at all times.
- **Range of Motion:** CPM 0-90°. Gentle passive 0-90°.
- **Therapeutic Exercises:** Heel slides, 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 2– 8)

- **Weightbearing:**
  - Weeks 2-6: Heel touch only
  - Weeks 6-8: Increase 25% per week, progress to full WBAT by week 8
- **Hinged Knee Brace:**
  - Weeks 2-8: Locked 0-90°
  - Wean out of brace at 8 weeks
- **Range of Motion:** Advance as tolerated with caution during flexion >90° to protect posterior horn of meniscus.
- **Therapeutic Exercises:**
  - Weeks 2-6: Add side lying hip and core, advance quad set and stretching
  - Weeks 6-8: Addition of heel raises, total gym (closed chain), gait normalization, eccentric quads, eccentric hamstrings. Advance core, glutes and pelvic stability.

**Modalities:** Per therapist, including electrical stimulation, ultrasound, heat (before), ice (after)

### Phase III (Weeks 8 – 12)

- **Range of Motion:** Full, painless
- **Therapeutic Exercises:** Progress to advance closed chain strengthening exercises. Advance hamstring work, lunges/leg press 0-90° only, proprioception/balance exercise.
  - Swimming okay at **16 weeks**
- **Modalities:** Per therapist, including electrical stimulation, ultrasound, heat (before), ice (after)

### Phase IV (Weeks 12 – 24)

- Progress Phase III exercises, walking lunges, planks, bridges, swiss ball, half-bosu exercises

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

- Advance to all activity w/o impact such as running, jumping, pivoting, sports until cleared by MD

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

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