



Meniscal Allograft
Transplant

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- Phase I – Immediate Post Surgical Phase (Week 0-2)
 - Goals
 - Protection of post-surgical knee
 - Gradually increase ROM
 - Decrease pain and inflammation
 - Prevent muscular inhibition
 - Restore leg control
 - Cryotherapy for pain/inflammation
 - Ice 15-20 minutes every hour
 - Brace
 - Hinged brace locked in extension at all times
 - Remove for exercises and hygiene
 - Sleeping
 - Sleep in brace until first follow-up appointment
 - Weight Bearing (may be modified in certain situations)
 - Toe-touch weight-bearing (TTWB) for 6 weeks
 - ROM
 - No WB with flexion >90 degrees
 - PROM 0-90 degrees when NWB
 - Muscle Retraining
 - Quadriceps isometrics, SLR
 - Patellar mobilizations
- Phase II – Protection Phase (Week 2-6)
 - Goals
 - Allow healing of soft tissue/bone
 - Do not overstress healing tissue
 - Gradually increase ROM
 - Progression based on swelling/inflammation and guidelines below
 - Decrease pain and inflammation
 - Brace
 - Locked in extension for ambulation
 - Unlocked to 0-90 degrees when not ambulating

- Typically discontinue brace after 8 weeks
- Weight bearing
 - Continue TTWB
- ROM guidelines
 - Exercises as above
 - PROM/AAROM to tolerance
 - Caution with flexion >90 degrees to protect posterior horn of meniscus transplant
 - No WB with flexion >90 degrees
- E-stim to quads
- Quad isometrics
- SLR

- Phase III – Intermediate Phase (Week 6-12)

- Goals
 - Gradual improvement in ROM
 - Eliminate swelling
 - Normalize gait
- Criteria to progress to Phase III
 - 6 weeks post-op
 - No effusion
 - Full extension
- Precautions
 - Avoid post-activity swelling
 - Avoid loading knee at deep flexion angles
 - No impact activities until 12 weeks post-op
- Weight bearing
 - Advance weight-bearing by 25% weekly and progress to full weight-bearing with normalized gait pattern
- ROM
 - Full motion as tolerated
- Continue quadriceps strengthening
- Continue above exercises
- Gait drills
- Stationary bicycle at 8 weeks
- Hip/core strengthening
- Closed chain exercises
- Begin hamstring, lunges, leg press 0-90 degrees at 8 weeks

- Phase IV –Strengthening Phase (Week 12-20+)

- Goals
 - Maintain full ROM
 - Improve limb strength and endurance

- Gradual return to functional activities
- Criteria to progress to Phase IV
 - Full, non-painful ROM
 - Absence of swelling/inflammation
 - Good control of affected limb
 - Normal gait on all surfaces
 - Single-leg balance >15 seconds
- Precautions
 - Post-activity soreness should resolve in <24 hours
 - Avoid knee pain with impact
- Continue above exercises
- Swimming ok at 16 weeks
- Movement control exercises
 - Begin with single plane activities and progress
- Sport specific activities when cleared by Dr. Hess
 - Typically 4-6 months