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Knee Meniscus Transplant Rehabilitation Protocol

Phase / Goals	Immobilization	ROM	Therapeutic Exercises
Phase 1 (0-2 weeks) Goals: <ul style="list-style-type: none"> No quad lag Adequate hamstring control 	<ul style="list-style-type: none"> Hinged brace 0-90 Toe touch weight bearing x 6 weeks 	<ul style="list-style-type: none"> 0-90 deg A/PROM CPM 0-30, advance as tolerated to 120 (4h/day) Patellar mobilization Begin KneeHab 	<ul style="list-style-type: none"> Wall slides, heel slides to 45 deg flex Quad activation, SLR, quad series Extension mobilization Sit & reach for hamstring stretch w/ towel Ankle pumps
Phase 2 (3-6 weeks) Goals: <ul style="list-style-type: none"> Moderate proprioception Minimize swelling 	<ul style="list-style-type: none"> Hinged brace 0-90 TTWB x 6 weeks 	<ul style="list-style-type: none"> 0-90 deg A/PROM CPM as tolerated (4h/day) Patellar mobilization Begin KneeHab 	<ul style="list-style-type: none"> Wall slides, heel slides Quad activation, SLR, quad series Extension mobilization Sit & reach for hamstring stretch w/ towel Ankle pumps BFR – may initiate post op day 15 Stationary bike NO resistance starting week 6 (no flexion >90)
Phase 3 (7-10 weeks) Goals: <ul style="list-style-type: none"> Full ROM, advance to FWB with normalized gait 	<ul style="list-style-type: none"> D/C hinged brace Advance weight bearing as tolerated 	<ul style="list-style-type: none"> Advance to full A/PROM as tolerated 	<ul style="list-style-type: none"> Can begin hamstring sets Toe & heel raises Advance stationary bike with minimal resistance 10 weeks
Phase 4 (11-16 weeks) Goals: <ul style="list-style-type: none"> Advance strength and proprioception 	<ul style="list-style-type: none"> No brace FWB 	<ul style="list-style-type: none"> Maintain full A/PROM No deep squats or sitting cross-legged x 4 months 	<ul style="list-style-type: none"> Begin mini squats and progress as tolerated Aquajogging 12 weeks Leg press, single leg dead lift, Balance squats 20 weeks

<p>Phase 5 (17-24 weeks)</p> <ul style="list-style-type: none"> • Advance strength and endurance • No swelling or effusions 	<ul style="list-style-type: none"> • No brace • FWB 	<ul style="list-style-type: none"> • No deep squats or sitting cross-legged x 4 months 	<ul style="list-style-type: none"> • Begin Elliptical with minimal resistance • Can begin rowing • Stair stepper
<p>Phase 6 (25+ weeks)</p> <ul style="list-style-type: none"> • Return to golf, hiking, outdoor biking at 9 months • Skiing, pivoting sports at 10-12 months 	<ul style="list-style-type: none"> • No brace • FWB 	<ul style="list-style-type: none"> • Full 	<ul style="list-style-type: none"> • Begin walk to run program 36 weeks • Begin light plyometric training 36 weeks • Clearance from Dr. Ridley prior to return to sport