



## TJ Ridley, MD

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### Knee Meniscus Transplant Rehabilitation Protocol

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

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