



Meniscal Transplantation Rehabilitation Program

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Diagnosis: Right / Left Knee Meniscal Transplant _____

Date of Surgery: _____

Weeks 0-8 (Phase I):

- ›› Weightbearing
 - 0-2 weeks: Slowly progress up to 50% WB with crutches
 - 2-6 weeks: As tolerated with crutches, discontinue crutches at 4-6 wks as gait normalizes
- ›› Brace/ROM
 - 0-1 week: Brace locked in full extension for sleeping
 - 0-2 weeks: Brace locked in extension during WB activities, ROM NWB 0-90° as tolerated
 - 2-8 weeks: Brace locked 0-90° for 6 weeks, may wean out of brace slowly after 6 wks
- ›› Exercise
 - 0-2 weeks: Heel slides, Quad sets, patellar mobs, SLRs
 - 2-8 weeks: add heel raises, closed chain exercises, activities w/brace until 6-8 wks as tolerated
 - Avoid any tibial rotation/pivoting for 8 weeks to protect the meniscus

Weeks 8-12 (Phase II):

- ›› Full WB without crutches
- ›› No brace
- ›› Full active ROM
- ›› Progress Closed chain activities, begin hamstring activities, lunges or leg press 0-90 only, proprioceptive exercises
- ›› Begin Stationary bike

Weeks 12-16 (Phase III):

- ›› Full WB with normalized gait pattern
- ›› Progress Phase II exercises
- ›› Progress functional activities as tolerated: single leg hops, jogging to running, plyometrics, slideboard, sport specific drills as able

For more information please visit: www.tsaog.com/drnuelle