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**Rehabilitation Guidelines: Meniscal Allograft Transplantation**

<b>Post-op</b>	<b>Precautions</b>	<b>Therapy</b>
<b>0-4 weeks</b>	1) TDWB with brace locked in full extension for 4 weeks 2) Crutches 3) ROM 0-90° 4) Avoid twisting/rotation for 8 weeks	Emphasis on full extension, patellar mobilizations, quad sets, SLR's, heel slides, modalities as needed for pain/swelling
<b>4-6 weeks</b>	1) Brace locked 0-90° with WB 2) Advance to WBAT in brace 3) D/c crutches at 6 weeks if normal gait pattern 4) NWB ROM as tolerated	Closed chain exercises, terminal extensions in brace 0-90°
<b>6-16 weeks</b>	May discontinue brace at 6 weeks	Advance closed chains/hamstrings 0-90°, proprioception, stationary bike at 8 weeks
<b>4-6 months</b>	1) No sports until cleared by physician 2) Avoid squatting/hyperflexion exercises for 6 months	In line running permitted at 16 weeks, sport specific activities

**This is a guide to rehabilitation. Specific exercises will be monitored by your physical therapist. Progression should be individualized based on meeting specific goals and tolerance to activities.**

**Return to full activity is typically 6 months and is dependent on the progress of rehabilitation. Remember, trying to progress too rapidly cannot speed up the healing process and may result in failure of the meniscus to properly heal.**

**Please call if there are specific questions regarding these guidelines.**

