



# Cartilage Repair Center

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## Meniscal Allograft Transplantation Rehab Protocol

	WEIGHT-BEARING	BRACE	ROM	THERAPEUTIC EXERCISE**
<b>PHASE I</b>  0 – 8 weeks	<b>0-2 wks</b>  Partial weight bearing (up to 50%)	<b>0-2 wks</b>  locked in extension for all wt bearing activities and during sleeping*	<b>0-2 wks</b>  0-90  only while non-weight-bearing	<b>0-2 wks</b>  heel slides, quad sets, patella mobilization, SLR
	<b>2-6 wks</b>  as tolerated with crutches  d/c crutches after 4 wks	<b>2-6 wks</b>  locked 0-90  d/c brace after 6wks	<b>2-8 wks</b>  Free ROM as tolerated  only while non-weight-bearing	<b>2-8 wks</b>  heel raises, closed chain, terminal knee extensions, activities with brace until 6 weeks then without brace as tolerated  NOTE: no wt bearing with flexion >90 during phase I
<b>PHASE II</b>  8 – 12 weeks	Full without crutches	None	Full	progress closed chain activities, begin hamstring work, proprioception, leg press 0-90, begin stationary bike
<b>PHASE III</b>  12 – 16 weeks	Full with normal gait	None	Full	Progress phase II exercises, start functional activities: leg hops, jogging to running, plyometrics, slideboard, sport-specific drills
*Brace may be removed for sleeping after first post-operative visit (day 7-10)				
**Avoid any tibial rotation for 8 weeks to protect meniscus				



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