

Meniscal Allograft Transplantation Rehabilitation Protocol

	Weight-bearing	Brace	Range of Motion	Exercises
Phase 1 0-2 weeks	Heel touch only	Locked in full extension at all times Off for hygiene and home exercise only	Non weight bearing goal 0- 90° @ first post-op visit	Calf pumps, patellar mobilization, quadriceps tightening sets and SLR in brace.
Phase 2 2-8 weeks	2-6 weeks: Heel touch only 6-8 weeks: Wean off crutches and progress to full with normalized gait pattern	2-6 weeks: Unlocked 0-90° Discontinue brace at 6 weeks once normal gait achieved	Advance as tolerated Maintain full extension and progression of full flexion	2-6 weeks: Add side-lying hip and core, advance quad set and stretching ^a 6-8 weeks: Addition of heel raises, total gym (closed chain), gait normalization, eccentric quads, eccentric hamstrings. Advance core work with hip, gluteal and core strengthening No weight-bearing with flexion >90°
Phase 3 8-12 weeks	Full	None	Full	Progress closed chain activities. Advance hamstring exercises, proprioception & balance exercises, lunges & leg press 0-90° only Advance core work with hip, gluteal and core strengthening Begin Stationary Bike at 10 weeks
Phase 4 3-5 months	Full	None	Full	Progress Phase III exercises and functional activities: walking lunges, planks, bridges, Swiss ball, half-Bosu exercises Advance core work with hip, gluteal and core strengthening Swimming allowed at 16 weeks
Phase 5 5-12 months	Full	None	Full	Advance non-impact activity. No running, jumping, pivoting, or sports participation unless cleared by MD

SLR – Straight-leg raise;

^aAvoid tibial rotation for first 8 weeks.