

Meniscus Transplantation **Physical Therapy Protocol**

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Patient Name: _____

Date of Surgery: _____

Procedure: Right / Left Knee, Medial / Lateral Meniscus Transplantation

General precautions:

- NWB for 4 weeks
- Transition to WBAT between 4-6.
- All weight bearing is in extension for 6 weeks.
- ROM is limited to 90° for 4 weeks when not weight bearing. Full ROM after.
- Brace use for 8 weeks.
- Avoid tibial rotation for 8 weeks.

Frequency: 2x per week for _____ weeks

Phase I (0-6 weeks): *Period of protection.*

- **Weightbearing:**
 - Non-Weight Bearing (NWB) with crutches, brace locked in extension.
- **Brace:**
 - Locked in extension for ambulation and sleeping (removed for hygiene and ROM exercises).
- **ROM:**
 - 0-4 weeks: 0-90° (NWB). Ensure full extension by 2 weeks.
 - 4-6 weeks: Full NWB range of motion allowed.
- **Therapeutic exercises:**
 - Patellar mobilizations: 5-10 minutes daily
 - Electric stimulation for quad control
 - Heel slides
 - SLRs supine
 - Isometrics for quads, hip abductors and adductors
 - Passive leg hangs to 90°
 - Ankle/hip strengthening

Phase II (6-12 weeks): *Strengthening phase.*

- **Weight Bearing:** As tolerated.
- **Brace:** Unlock week 6 and discontinue once able to perform 10 SLR without lag.
- **ROM:** Full active ROM
- **Therapeutic Exercises:**
 - As above with progressive resistance
 - Progress close chain activities
 - Proprioception exercises
 - Week 8:
 - Begin stationary bike without resistance
 - Lunges/leg press 0-90°
- **Restrictions:** No running, no impact activities.

Phase IV (12-20 weeks): *Sport-specific activities.*

- **Weight Bearing:** As tolerated.
- **ROM:** Full active ROM.
- **Therapeutic Exercises:**
 - As above.
 - Focus on single-leg strengthening and balance
 - Eccentric exercises
 - Begin jogging program 4 months post op.
 - Once able to jog 20-30 minutes (5-6 weeks into program) without discomfort or swelling, may progress to functional activities to include figure 8's, cutting and jumping.

Phase V (>20 weeks): *Return to athletics.*

- **Weight Bearing:** As tolerated.
- **ROM:** Full active ROM.
- **Therapeutic Exercises:**
 - As above.
 - Gradual return to athletic activity as tolerated
 - Maintenance program for strength and endurance
- **Criteria to return to sports (~ 6mo):**
 - Full pain free ROM
 - Normal isokinetic evaluation and function tests
 - Satisfactory performance of sport specific activities without effusion