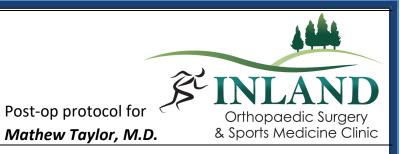
Meniscal Allograft Transplant



<u>Note</u>

- -May be in conjunction with ACL Recon, Tibial / Femoral Osteotomy, OCA (Osteochondral Allograft) or MACI Procedure
- -Please follow Meniscal Allograft Protocol unless otherwise noted

	Weight Bearing	Brace	ROM	Specifics
Phase 1 0-6 wks	NWB with ambulation TDWB (25%) locked straight with brief ADL standing *error on strict NWB if concerned for compliance	Brace +/- per Dr. Myer If ordered: please unlock to 30-45 with ambulation to allow for foot clearance Still remain NWB	*ALL NWB* 0-2 weeks:	Throughout Phase 1: Patellar mobs, quad / hamstring / glut sets, SLR, prone bed hangs, side-lying hip sets, heel slides within ROM, etc. OK for modalities as indicated No stationary bike
Phase 2 6-12	WBAT progressive flexion *Use brace* Specific type per Dr. Myer: example- medial unloader brace with hinge locks)	Use brace with ambulation 6-7 weeks: ~0-30 8-10 weeks: ~0-60 11-12 weeks: ~0-90	Full NWB motion, but no WB flexion beyond 90	*No WB flexion past 90 at all *No squats, wall slides, lunges Start bilateral closed chain light strengthening Stationary bike without resistance when 8+ weeks
Phase 3 3-6 mo	Full	None	Full	-Stationary bike without resistance -Elliptical / Arc after 4 months -Light resistance squats beyond 90 ok after 4 mos -No deep squats / lunges beyond 90 for 6 mos -Advance single / double closed chain and open chain as pain allows -Full swimming

Phase 4 6-12 mo	Full	None	Full	-Start light jogging 8 mos with goal full running b/w 10-12 months (depending on patient / sport goals)
				-Continue strengthening and sport specific training
				-Goal full return to sport 12-18 mos (patient specific)