

MENISCUS TRANSPLANT PROTOCOL

	Postoperative Weeks					Postoperative Months			
	1-2	3-4	5-6	7-8	9-12	4	5	6	7-12
Brace: Bledsoe postoperative	X	X	X	X					
Range of motion minimum goals: 0°-90° 0°-120° 0°-135°	X	X	X						
Weight bearing: Toe touch – 1/4 body weight 1/2 to 3/4 body weight Full	X	X	X						
Patella mobilization	X	X	X						
Modalities: Electrical muscle stimulation (EMS) Pain/edema management (cryotherapy)	X X	X X	X X	X	X	X	X	X	X
Stretching: Hamstring, gastroc-soleus, iliotibial band, quadriceps	X	X	X	X	X	X	X	X	X
Strengthening: Quad isometrics, straight leg raises, active knee extension Closed-chain: gait retraining, toe raises, wall sits, mini-squats Knee flexion hamstring curls (90°) Knee extension quads (90°-30°) Hip abduction-adduction, multi-hip Leg press (70°-10°)	X	X	X	X	X				
Balance/proprioceptive training: Weight-shifting, mini-trampoline, BAPS, BBS, plyometrics			X	X	X	X	X	X	X
Conditioning: UBC Bike (stationary) Aquatic program Swimming (kicking) Walking Stair climbing machine Ski machine		X	X	X	X	X	X	X	X
Light recreational sports								X	X

BAPS = Biomechanical Ankle Platform System (Camp, Jackson, MI), BBS = Biodex Balance System (Biodex Medical Systems, Inc, Shirley, NY), UBC = upper body cycle (Biodex Medical Systems, Inc, Shirley, NY).

References:

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