

**Meniscal Allograft
Transplant**



Post-op protocol for **Daniel Myer, M.D.**

Note

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

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