

Daniel Myer, M.D

**Meniscal Allograft
Transplant**



CRYSTAL CLINIC
ORTHOPAEDIC CENTER

www.DanielMyerMD.com

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	<i>NWB with ambulation</i> <i>TDWB (25%) Locked straight with brief standing</i> <i>*error on NWB if concerned for compliance</i>	<i>At all times with ambulation</i> <i>*Please unlock to 30 with ambulation to allow foot clearance, but remain NWB</i> <i>*Avoid flex WB</i>	<i>*ALL NWB *</i> <i>0-2 weeks: 0-60</i> <i>2-6 weeks: 0-90</i> <i>CPM same motion if ordered</i>	<i>Throughout Phase 1: Patellar mobs, quad / hamstring / glut sets, SLR, prone bed hangs, side-lying hip sets, heel slides within ROM, etc.</i> <i>-OK for modalities as indicated</i> <i>Stationary bike after 6 weeks</i>
Phase 2 6-12 wks	<i>WBAT progressive flexion</i> <i>*Use brace</i>	<i>Use brace with ambulation</i> <i>6-8 weeks: 0-40</i> <i>8-12 weeks: 0-90</i>	<i>Full NWB motion, but no WB flexion beyond 90</i>	<i>* No WB flexion past 90</i> <i>* No squats, wall slides, lunges</i> <i>-Start bilateral closed chain strengthening</i> <i>-Stationary bike without resistance</i>
Phase 3 3-6 mo	<i>Full</i>	<i>None</i>	<i>Full</i>	<i>-Elliptical / arc OK</i> <i>-Light resistance squats beyond 90 ok after 4 mos</i> <i>-No deep squats / lunges beyond 90 for 6 mos</i> <i>-Advance single / double closed chain and open chain as pain allows</i> <i>-Full swimming</i>

Phase 4 6-12mo	<i>Full</i>	<i>None</i>	<i>Full</i>	<i>-Start light jogging 8 mos with goal full running after 10 mos (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>
---------------------------	-------------	-------------	-------------	--