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Meniscal Transplant Physical Therapy Protocol

Patient Name: _____ Date: _____

Surgery: s/p (LEFT / RIGHT) MENISCAL TRANSPLANT (medial / lateral)

Date of Surgery: _____

Frequency: 1 2 3 4 times/week Duration: 1 2 3 4 5 6 Weeks

- Weeks 0-4**
- ___ Hinged knee brace locked in full extension for WB– must achieve full extension early on
 - ___ Toe touch weight bearing for first 6 weeks
 - ___ Quadriceps and Adductor isometrics - avoid tibial rotation for 8 weeks (protect meniscus)
 - ___ SLR’s into flexion, extension, abduction and adduction (Active assist progressed to Active)
 - ___ Passive (CPM) and AAROM (ROM limited to 0-90° knee flexion)
 - ___ Manual and self stretch for Hamstrings, Gastrocnemius, Hip flexors and ITB/lateral retinaculum
 - ___ Gentle Patella, fibular head and scar mobilization
 - ___ NMES for Quadriceps re-education daily

- Weeks 4-6**
- ___ Continue Hinged knee brace, locked from 0°-90° when WB
 - ___ Initiate PWB closed kinetic chain strengthening
 - ___ Continue proximal lower extremity open chain exercise
 - ___ Begin gentle Quadriceps stretching as tolerated
 (concentrating on proximal attachment – limiting knee flexion to less than 120°)
 - ___ Continue gentle Patella, fibular head and scar mobilization
 - ___ Continue NMES for Quadriceps re-education daily

- Weeks 6-12**
- ___ Discontinue Hinged knee brace around 8 weeks when quadriceps have good control
 - ___ Progressive partial WB to full WB beginning at week 6
 - ___ Begin gait training and standing proprioceptive training; ROM as tolerated
 - ___ Progress closed kinetic chain strengthening for lower extremity
 - ___ Progress open kinetic chain strengthening for hip
 - ___ Begin gentle resisted open kinetic chain knee extension (90°- 30° flexion)
 - ___ Continue gentle Patella, fibular head and scar mobilization
 - ___ Continue NMES for Quadriceps re-education daily

- Weeks 12-24**
- ___ Continue gait training and proprioceptive training
 - ___ Progress closed and open kinetic chain strengthening for lower extremity
 (avoid hyperflexion at knee and full open kinetic chain knee extension)
 - ___ Begin resisted hamstring strengthening →Continue lower extremity strengthening
 - ___ Begin light jogging, progress to light recreational activities by 20-24 weeks
 - ___ Continue NMES for Quadriceps re-education PRN

___ Functional Capacity Evaluation ___ Work Hardening/Work Conditioning ___ Teach HEP

Modalities
 ___ Electric Stimulation ___ Ultrasound ___ Iontophoresis ___ Phonophoresis ___ TENS ___ Heat before
 ___ Ice after ___ Trigger points massage ___ Therapist’s discretion

Signature _____ Date _____