

Postoperative Rehabilitation Protocol for **Meniscus Root Repair or Meniscal Allograft Transplantation (MAT)**

**Physical Therapy should be started within a week after surgery*

Postoperative weeks 0-2

- Precautions / Restrictions
 - Flat-Foot Weight Bearing (~25%) with crutches
 - Brace 0-90 degrees when ambulating and sleeping
 - Can remove for hygiene and therapy
- Range of Motion
 - Obtain full extension if lag is present
 - Passive knee flexion limited to 90 degrees
- Strengthening
 - Ankle pumps
 - Heel slides in brace
 - Quad recruitment with Time Modulated AC
 - SLR in brace at 0 degrees until quad can maintain knee locked
 - Patellar mobilizations as needed
- Modalities PRN

Postoperative weeks 2-6

- Precautions / Restrictions
 - Flat-Foot Weight Bearing (~25%) with crutches
 - Brace 0-90 degrees when ambulating and sleeping
 - Can remove for hygiene and therapy
- Range of Motion
 - Obtain full extension if lag is present
 - Passive knee flexion limited to 90 degrees weeks 2-4
 - May begin to progress passive knee flexion as tolerated at week 4, no forced flexion
 - **No weight bearing with knee flexion more than 90 degrees**
- Strengthening
 - Ankle pumps
 - Heel slides in brace
 - Quad recruitment with Time Modulated AC
 - SLR in brace at 0 degrees until quad can maintain knee locked
 - Patellar mobilizations as needed
 - Stationary bike with seat high. Can lower seat height as tolerated
- Modalities PRN

Postoperative weeks 6 - 12

- Precautions / Restrictions
 - Weeks 6-8: Begin gradual transition off crutches and to full weight-bearing over a 2-week period

- Discontinue brace
- Range of Motion
 - Restore & maintain full active ROM
- Strengthening
 - **No loading the knee in greater than 90 degrees of flexion until week 12**
 - No pivoting, twisting, hopping, jumping, running
 - Progress PRE's open/closed chain as tolerated
 - Treadmill forward and retro-walking
 - Cable column exercises
 - Single leg stands for proprioception
 - Cardiovascular training with bike, Elliptical, or Stair climber
 - Slide board: start with short distance and increase as tolerated
 - Lunges, leg press from 0-90 only
- Modalities PRN

Postoperative weeks 12+

- Maintain full ROM
- Strengthening
 - Begin treadmill: jogging and progress to running (wall-run progression)
 - Single leg strengthening
 - Open chain and eccentrics
 - Progress to activity-specific strengthening exercises
 - Include plyometric/jumping exercises
 - Begin cutting and agility exercises
 - Work quad strength to within 15% or less of uninvolved leg
 - Full return to sport/work involving pivoting, squatting, twisting, or running at 5 months