



PHYSICAL THERAPY PRESCRIPTION
MENISCAL TRANSPLANT

Name: _____ DOB: _____

Post-Operative Diagnosis: Right Left Medial Meniscus Lateral Meniscus

Additional Procedures: ACL Reconstruction High Tibial Osteotomy
 Osteochondral Allograft - _____
 Other: _____

Surgical Date: _____

Weight Bearing: Heel Touch WB

Weight bearing modifications: NWB WBAT

ROM: Full passive knee extension, limit knee flexion to 0 – 90 degrees

ROM Modifications: _____


Brace Instructions: _____

Additional Instructions: _____

Frequency & Duration: 1-2 times per week for 6 - 8 weeks

Rx: Dressing change / wound check 2-3 days post-op
 Call my office if patient unable to get 0 – 90° ROM by 2 weeks post-op
 Emphasize early full passive extension to 0° (No recurvatum for hamstring grafts)

Precautions:
 Per my PT protocol
____ Other:

Physician's Signature:  _____, MD

Sheena Black, MD

Orthopedic Surgeon

Sports Medicine Specialist



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PHYSICAL THERAPY PROTOCOL

KNEE ARTHROSCOPY – MENISCAL TRANSPLANT

	<u>Weight Bearing</u>	<u>Brace</u>	<u>ROM</u>	<u>Exercises</u>
Phase I Weeks 0-2 PT 1-2x/week HEP daily	Heel touch WB in brace w/ crutches	Locked in full extension for sleeping and all activity Off for exercises & hygiene	0-90° when non-weight bearing	Heel slides, quad sets, patella mobs SLR, short arc quad** No weight bearing with flexion > 90°
Phase II Weeks 2-8 PT 2-3x/week HEP daily	2-6 weeks: Heel touch WB with crutches 6-8 weeks: Progress to full WB	2-8 weeks: Unlocked 0-90° Off at night Discontinue brace at 6 weeks	As tolerated	Continue Phase 1 Heel raises, closed chain Terminal knee extension avoiding tibial rotation ** Activities w/ brace until 6 weeks After 6 weeks, w/o brace as tolerated No weight bearing with flexion > 90°
Phase III Weeks 8-12 PT 2-3x/week HEP daily	WBAT	None	Full	Progress closed chain activities Begin hamstring work, lunges/leg press 0-90°, proprioception exercises, balance/core/hip/glutes Begin stationary bike
Phase IV Weeks 12-20 PT 1-2x/week HEP daily	WBAT	None	Full	Progress Phase III exercises & functional activities Single leg balance, core, glutes, eccentric hamstrings, elliptical, bike Ok to begin swimming at 16 weeks
Phase V > 20 weeks PT 1x/week HEP daily	WBAT	None	Full and pain-free	Advance to sport-specific drills & running/jumping once cleared by MD

** Avoid any tibial rotation for 8 weeks to protect meniscus

IF QUESTIONS: PLEASE CALL 469-800-7200

Revised 04/2024