



ADVANCED ORTHOPAEDIC SPECIALISTS

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Meniscal Allograft Rehabilitation Protocol

	Weight Bearing	Brace	ROM	Therapeutic Exercises
Phase I 0 - 4 Weeks	Non-weight bearing	<ul style="list-style-type: none"> - Long Leg Immobilizer to be worn at all times (except showering) - May also leave brace off during exercise if patient can perform 10 SLR without extension lag 	No ROM	Quad sets, HS sets, standing SLR, standing hip ext, abduction and adduction
Phase II 4- 8 Weeks	Full with a normalized gait pattern	Discontinue brace when patient can perform 10 SLR	Progress to full AROM as pain allows	<p>Standing hip exercises with resistance, weight shifting (per weight bearing restrictions), progress to closed chain exercises as WB allows, stationary bike (no resistance), standing TKE, HS curls.</p> <p>WBAT: add step ups, step downs, stand kicks, progressive balance activities</p>
Phase III 8 - 12 Weeks	Full weight bearing	Function unloader brace	Full and pain-free	Continue phase II exercises and progress closed chain strengthening