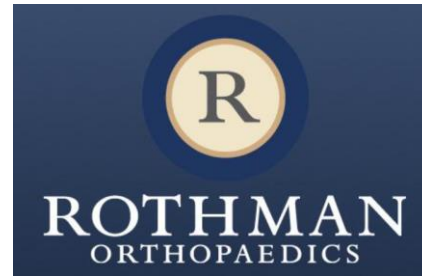


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**Meniscal Transplant Physical Therapy Protocol/Prescription**

Patient Name: \_\_\_\_\_

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

Electric Stimulation     Ultrasound     Iontophoresis     Phonophoresis     TENS     Heat before

Ice after     Trigger points massage     Therapist's discretion

Signature \_\_\_\_\_ Date \_\_\_\_\_