



SHAYNE KELLY, DO

ORTHOPEDIC SPORTS MEDICINE · TRI-CITY ORTHOPEDICS

POST-OPERATIVE REHABILITATION PROTOCOL

Meniscal Allograft Transplantation

Phase I 0-2 WEEKS

- **Weight bearing:** Heel touch weight bearing with crutches
- **Brace:** Locked in full extension for sleeping and all activity; off for exercises and hygiene
- **ROM:** 0-90° when non-weight bearing
- **Exercises:** Heel slides, quad sets, patellar mobs, SLR, SAQ**; no weight bearing with flexion >90°

GOALS WB & motion per protocol

Phase II 2-8 WEEKS

- **Weight bearing:** 2-6 weeks: heel touch WB with crutches; 6-8 weeks: progress to full WB
- **Brace:** 2-8 weeks: locked 0-90°; off at night; discontinue brace at 8 weeks
- **ROM:** As tolerated

EXERCISES

- Addition of heel raises, total gym (closed chain), terminal knee extensions**
- Activities w/ brace until 6 weeks; then w/o brace as tolerated; no weight bearing with flexion >90°

GOALS Normalize gait

Phase III 8-12 WEEKS

- **Weight bearing:** Full
- **Brace:** None
- **ROM:** Full

EXERCISES

- Progress closed chain activities
- Begin hamstring work, lunges/leg press 0-90°, proprioception exercises, balance/core/hip/glutes; begin stationary bike

GOALS Full ROM

Phase IV 12-20 WEEKS

- **Weight bearing:** Full



- **Brace:** None

- **ROM:** Full

EXERCISES

- Progress Phase III exercises and functional activities: single leg balance, core, glutes, eccentric hamstrings, elliptical, and bike
- Swimming okay at 16 wks

GOALS Graduated impact

Phase V 20+ WEEKS

- **Weight bearing:** Full

- **Brace:** None

- **ROM:** Full

- **Exercises:** Advance to sport-specific drills and running/jumping once cleared by MD

GOALS Back on the field

Return to Sport & Discharge Criteria

- Full pain-free ROM, no effusion, normalized gait; quad strength $\geq 90\%$
- Impact only after graft maturation; return to sport per Dr. Kelly (commonly 9–12 months)

Time frames are guidelines — progress when phase goals are met, per Dr. Kelly and the treating therapist.

