Department of Orthopaedic Surgery Sports Medicine and Shoulder Service

MENISCAL ALLOGRAFT TRANSPLANTATION PHYSICAL THERAPY PRESCRIPTION

Patient Name:		Date:	
Diagnosis: S/P Medial	Lateral	Meniscal Transplantation	

- 3. Brace may be unlocked at all times, does not need to be worn at night, and can be discontinued at 8 weeks. If does not have their full extension, then they must wear at night locked in extension to sleep.
- 4. Progress from partial to full weight bearing by 6 to 8 weeks
- 5. Gait training to walk

2. Begin advanced strengthening with weights including leg presses, squats, leg curls, and lunges

3.

- 4. May begin functional training exercises including fast straight running, backward running, cutting, cross-overs, carioca, etc.
- 5. Begin gradual return to previous sports/activities/work duties under controlled conditions
- 6. High impact activities/sports should be discouraged

7.

the following criteria:

Oriteria for Return to Sports/Full Activities:

- 1. Quadriceps and hamstring strength at least 90% of opposite leg
- 2. No effusion or quadriceps atrophy
- 3. Satisfactory clinical examination
- 4. Functional return to sports testing at 6 mos, then 9 mos