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