

Meniscus Transplant

Name:		DOB:	
Dr:	Emily Whicker, M.D.	Date:	

ROM RESTRICTIONS

0-90° x 6 weeks then full ROM

BRACE SETTINGS

0-90° x 6 weeks then unlocked until carbon fiber brace

Weight Bearing status

TTWB x 5 weeks, wean x 1 week, FWB after 6 weeks

T.E.D Hose

x 2 weeks

TIMELINES

Week 1(1-7 POD) Week 2(8-14 POD) Week 3(15-21POD) Week 4(22-28POD)

●= Do exercise for that week Initial Exercises	We	ek												
		Week												
I and the second	1	2	3	4	5	6	7	8	9	10	13	17	21	25
Patella/Tendon Mobilizations	•	•	•	•	•	•								
Flexion/Extension – Seated/Wall Slide		•	•	•	•	•								
Extension Heel Prop	•	•	•	•	•	•								
Quad Series (E-Stim, BFR)	•	•	•	•	•	•								
Hamstring Set						•								
Calf Stretch with Strap	•	•	•	•	•	•								
Ankle pumps	•	•	•	•	•	•								
Toe and Heel Raises						•								
Weight Shifts & Crutch Walking						•								
Single Leg Balance						•	•	•	•					
Cardiovascular Exercises	1	2	3	4	5	6	7	8	9	10	13	17	21	25
Stationary Bike							•	•	•	•	•	•	•	•
Aqua Jogging							•	•	•	•	•	•	•	•
Treadmill – Walking									•	•	•	•	•	•
Swimming with Fins									•	•	•	•	•	•
Elliptical/Rowing											•	•	•	•
Weight Bearing Strength	1	2	3	4	5	6	7	8	9	10	13	17	21	25
Leg Press – Double Leg							•	•	•	•				
Squats – Double Leg							•	•	•	•				
Deadlifts – Double Leg							•	•	•	•				
Heel Raises – Double Leg							•	•	•	•				
Standing Hamstring Curl							•	•	•	•				
Band Walking							•	•	•	•				
Isometric Wall Sit @ 90,60,45°							•	•	•	•				
Bridging – Double Leg							•	•	•	•				
Leg Press – Single Leg									•	•	•			
Reverse Lunge Static Hold									•	•	•			
Deadlift – Single Leg									•	•	•			
Ball & Single Leg Bridging									•	•	•			
Rear Leg Elevated Split Squat										•	•	•		
Lunges – Walking & Slide Disc										•	•	•		
Front Step Up										•	•	•		
Heel Raises – Single Leg										•	•	•		
Side Planks										•	•	•		
Sliding Leg Curl – Double Leg										•	•	•		
Advanced Balance Training										•	•	•	•	•
Squat – Single Leg											•	•	•	•
Front Step Down											•	•	•	•
Single Leg Box Drives											•	•	•	•
Single Leg Squat Y Excursions	İ											•	•	•
Sliding Leg Curl – Single Leg												•	•	•
Nordic Hamstring Curls												•	•	•

	Plyometrics	1	2	3	4	5	6	7	8	9	10	13	17	21	25
	Vertical Squat Jump – Double Leg	•		3	4	J	0	,	0	9	10	13	17	•	23
	Horizontal Broad Jump – Double Leg													•	•
Recommended	Lateral Jump – Double Leg													•	
Criteria to Initiate Impact Activities	Vertical/Broad/Lateral Jumps – Double														
& Running	Leg to Single Leg Land														•
D: 0/40	Jump Lunges														•
Pain <u><</u> 2/10	Box Drop – Double Leg														•
Full Active Knee	Continuous Broad Jumping – Double Leg														•
Extension	Vertical/Broad Jumps – Single Leg to														
Knee flexion ROM	Single Leg Land														
≥ 95% of	Lateral Skater Hops – Single Leg														•
Uninvolved Side	Box Drop – Single Leg														•
Quad LSI <u>></u> 70%	Continuous Broad Jumping - Single Leg (Triple, Crossover, 6m Timed)														•
HS LSI <u>></u> 70%	Box Drop Jumps – Double Leg														•
Quad/BW <u>></u> 60%	Box Drop Jumps – Single Leg														•
Functional Llan 9	Return to Running	1	2	3	4	5	6	7	8	9	10	13	17	21	25
Functional Hop & Power Tests	Walk/Jog Program													•	•
LSI <u>></u> 70%	Running Progression														•
IKDC <u>></u> 64%	Sprinting Progression														•
1100 <u>></u> 0470	Agility	1	2	3	4	5	6	7	8	9	10	13	17	21	25
	Quick Taps on Step													•	•
Recommended	Standing Mountain Climbers at Wall													•	•
Criteria to Initiate Return to Sport	Shuffling & Grapevine													•	•
	Back Pedaling														•
Quad LSI ≥ 90% HS LSI ≥ 100%	Agility Ladder Drills														•
H3 L3I <u>></u> 100%	Single Leg Hopping (Clock, Square)														•
HS/QS ≥ 60%	Skipping/Bounding														•
Quad/BW	Deceleration Drills														•
Female: <u>></u> 80%	Cone Drills														•
Male: <u>></u> 85%	Sport Specific Drills														•
Functional Hop &	Return to Sport	1	2	3	4	5	6	7	8	9	10	13	17	25	33+
Power Tests	Golf – Putt							•	•	•	•	•	•	•	•
LSI <u>></u> 90%	Chip										•	•	•	•	•
Y-Balance	Irons											•	•	•	•
Anterior Reach	Drivers												•	•	•
Distance ≤ 4 cm	Play a Round													•	•
IKDC ≥ 90%	Hiking – Easy												•	•	•
ACL BSL 600/	Hiking – Moderate													•	•
ACL-RSI ≥ 60%	Hiking – Difficult														•
	Backpacking													_	•
	Road Biking – Flat												•	•	•
	Road Biking – Hills				1		1				<u> </u>		<u> </u>	•	•
	Gravel Biking														•
	Mountain Biking – Cross Country													•	•
	Mountain Biking – Downhill													_	•
	Snowshoeing, Nordic Skiing – Classic				-		-				-		-	•	•
	Nordic Skiing – Skate Alpine Skiing, Snowboarding,														
	Basketball, Tennis, Football, Soccer														•