

Center for Athletic Medicine
Dr. Preston Wolin
Meniscus Allograft Reconstruction Protocol

~Please call 773.248.4150 with any and all questions~

Post op Week 0 to 4:

- Partial weight bearing with crutches
- Bracing with 0-90 degree range of motion
- Ice and elevation to control swelling
- CPM machine until 0-90 degree range of motion
- Isometric exercises/patellar mobility.
- Straight leg raise
- Heel slides Quadriceps/hamstring stretches
- Mobilized patellas
 - Superiorly/inferiorly
 - Medially/laterally
 - Diagonally

****All exercises should be performed approximately 4 times daily****

Post op Week 4 to 12:

- Full weight bearing
- Full range of motion
- Stationary bike
- Swimming (if available)
- Jogging on level terrain (at 12 weeks)
- Proprioceptive exercises (at 12 weeks)
- Isometric exercises-progression
- Closed kinetic chain isotonic exercises
 - straight leg raise (15-20 lbs.)
 - leg extensions (90-30 degree light weights)
 - hamstring curls (light weights)
 - step ups 4"-8" (gradual height increase)
 - progress to stair climber

Post op Week 12 to 16:

- Continue strengthening exercises
- Jogging on level terrain
- Jumping rope
- Lateral Movements (slide board/shuffles)
- Advanced proprioception/balance
 - Jumping (lateral/diagonal movement)
 - Dynamic balance (ball toss, catch)
- Plyometric training
 - eccentric/concentric contraction

Post op Week 16:

GOAL: FULL, UNRESTRICTED RETURN TO SPORTS AND ACTIVITIES

- 80% leg strength
 - compared to contralateral knee
 - no pain, swelling or instability
 - full range of motion
 - proprioceptive function near normal
 - sport specific exercises

*****If a patient is not progressing, please call the office for recommendations*****