

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)

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

Closed kinetic chain isotonic exercises

- step ups 4"-8" (gradual height increase)
- progress to stair climber

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\*\*\*\*\*