

**Dr. Pathik Shah**  
**Sports, Revision Sports and Regenerative Sports Orthopaedic Surgeon**  
DNB Ortho (Mumbai), MNAMS (New Delhi), MBBS  
AOSSM Sports Surgery Fellowship (California, USA),  
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## **MENISCAL TRANSPLANT PHYSICAL THERAPY PRESCRIPTION**

### **Diagnosis: s/p Meniscal Transplant**

- Weeks 1-4:** Hinged, double-upright brace in full extension. Strict NWB for 6 weeks  
Quadriceps and Adductor isometrics  
SLR's into flexion, extension, abduction and adduction (Active assist progressed to Active)  
Passive (CPM) and AAROM (ROM limited to 0° - 90° knee flexion)  
Manual and self-stretch for Hamstrings, Gastrocnemius, Hip flexors and ITB / lateral retinaculum  
Gentle Patella, fibular head and scar mobilization  
NMES for Quadriceps re-education daily  
Cryotherapy for pain / edema / effusion
- Weeks 4-6:** Continue Hinged, double-upright brace in full extension Progressive PWB to FWB by week 6. Initiate PWB closed kinetic chain strengthening Continue proximal lower extremity open chain exercise  
Begin gentle Quadriceps stretching as tolerated (concentrating on proximal attachment limiting knee flexion to less than 120°)  
Continue gentle Patella, fibular head and scar mobilization  
Continue NMES for Quadriceps re-education daily  
Continue Cryotherapy for pain/edema/effusion
- Weeks 6-12:** Discontinue Hinged, double-upright brace in full extension Full weight bearing  
Begin gait training and standing proprioceptive training  
Progress closed kinetic chain strengthening for lower extremity  
Progress open kinetic chain strengthening for hip  
Begin gentle resisted open kinetic chain knee extension (90° - 30°)  
Continue gentle Patella, fibular head and scar mobilization  
Continue NMES for Quadriceps re-education daily  
Continue Cryotherapy for pain / edema / effusion
- Weeks 12-24:** Continue gait training and proprioceptive training. Progress closed and open kinetic chain strengthening for lower extremity (avoid hyperflexion at knee and full open kinetic chain knee extension)  
Begin resisted hamstring strengthening  
Continue lower extremity strengthening  
Begin light jogging, progress to light recreational activities by 20-24 weeks  
Continue NMES for Quadriceps re-education PRN  
Continue Cryotherapy for pain / edema / effusion PRN
- Weeks 24+:** High load, repetitive impact activities discouraged. Squatting into hyperflexion discouraged

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