



Indiana University Health

IU Health Physicians Orthopedics & Sports Medicine

MENISCUS ALLOGRAFT TRANSPLANTATION (MAT)

PHYSICAL THERAPY PROTOCOL

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Patient Name: _____ **Date of Surgery:** _____

___ **Evaluate and Treat** ___ **Provide patient with home program**

Frequency: _____ x/week x _____ weeks

General Precautions:

- NWB for 6 weeks
- Transition to WBAT between 6-8 weeks
- All weightbearing is in extension for the 6-8 week transition
- ROM is limited to 90 degrees for 4 weeks; full ROM progression thereafter
- Brace use for 8 weeks or later if not yet safe to d/c per PT team



- Avoid tibial rotation for 8 weeks

Phase I (0-6 weeks): *Period of protection*

- **Weightbearing:**
 - Non-Weight Bearing (NWB) with crutches, brace locked in extension.
- **Brace:**
 - Locked in extension for ambulation and sleeping (removed for hygiene and ROM exercises).
- **ROM:**
 - 0-4 weeks: 0-90° (NWB). Ensure full extension by 2 weeks.
 - 4-6 weeks: Full NWB range of motion allowed.
- **Therapeutic exercises:**
 - Patellar mobilizations: 5-10 minutes daily
 - Electric stimulation for quad control
 - Heel slides
 - SLRs supine
 - Isometrics for quads, hip abductors and adductors
 - Passive leg hangs to 90°
 - Ankle/hip strengthening

Phase II (6-12 weeks): *Strengthening phase.*

- **Weightbearing:** Progression to WBAT weeks 6-8
- **Brace:** Unlock week 8 and discontinue once able to perform 10 SLR without lag.
- **ROM:** Full active ROM
 - **Therapeutic Exercises:**
 - As above with progressive resistance
 - Progress close chain activities
 - Proprioception exercises
 - Week 8:
 - Begin stationary bike without resistance
 - Lunges/leg press 0-90°
- **Restrictions:** No running, no impact activities.

Phase III (12-20 weeks): *Sports-specific activities*

- **Weight Bearing:** As tolerated.
- **ROM:** Full active ROM.
- **Therapeutic Exercises:**
 - As above.
 - Focus on single-leg strengthening and balance
 - Eccentric exercises
 - Begin jogging program 4 months post op.
 - Once able to jog 20-30 minutes (5-6 weeks into program) without discomfort or swelling, may progress to functional activities to include figure 8's, cutting and jumping.



Phase IV(> 20 weeks): *Return to athletics.*

- **Weight Bearing:** As tolerated.
- **ROM:** Full active ROM.
- **Therapeutic Exercises:**
 - As above.
 - Gradual return to athletic activity as tolerated
 - Maintenance program for strength and endurance
- **Criteria to return to sports (~ 6mo):**
 - Full pain free ROM
 - Normal isokinetic evaluation and function tests
 - Satisfactory performance of sport specific activities without effusion

By signing this referral, I certify that I have examined this patient and physical therapy is medically necessary. This patient ___ would ___ would not benefit from social services.

Date:_____

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