

## Physical Therapy Prescription – Cartilage Restoration Femoral Condyle and Meniscus Allograft Transplantation

**Procedure:** Meniscus allograft transplant and femoral condyle \_\_\_\_\_

**Frequency:** 2-3 times per week for 6 weeks

**PHASE I (Weeks 0 – 6):** Period of protection, decrease edema, activate quadriceps

- **Weightbearing:** Heel-touch weight-bearing with crutches
- **Hinged Knee Brace:**
  - **Week 0-2:** Locked in full extension for ambulation and sleeping (remove for CPM and PT)
  - **Weeks 2-6:** Unlocked 0-90° for ambulation and removed while sleeping
- **Range of Motion:** Continuous Passive Motion (CPM) machine for 6-8 hours/day
  - **CPM Protocol:** 1 cycle per minute starting 0-40°, advance 5-10°/day (goal is 100° by week 6)
  - PROM/AAROM with PT assistance
- **Therapeutic Exercises:** patellar mobs, quad/hamstring sets, calf pumps, passive leg hangs to 90°, heel slides, SLR with brace in full extension until quad strength prevents extension lag, Gastroc/Soleus stretching
  - Avoid tibial rotation for first 8 weeks to protect the allograft
- **Modalities:** Per therapist, including electrical stimulation, ultrasound, heat (before), ice (after)

**Phase II (Weeks 6 – 12)**

- **Weightbearing:** Increase 25% per week, progress to full WBAT by week 8
- **Hinged Knee Brace:** Wean out of brace between 6-8 weeks; discontinue at 8 weeks
- **Range of Motion:** advance to Full
- **Therapeutic Exercises:** Continue Phase I, add stationary bike
  - begin closed chain, exercises (wall sits, shuttle, mini-squats, toe-raises), begin unilateral stance activities and balance training (week 8)
- **Modalities:** Per therapist, including electrical stimulation, ultrasound, heat (before), ice (after)

**Phase III (Weeks 12-24)**

- **Weightbearing:** Progress to full
- **Range of Motion:** Full, painless
- **Therapeutic Exercises:** Advance Phase III exercises; focus on core/glutes; advance to elliptical, bike, and pool as tolerated
- **Modalities:** Per therapist, including electrical stimulation, ultrasound, heat (before), ice (after)

**Phase IV (>6 months):** Gradual return to athletic activity

- **Therapeutic Exercises:** Progress Phase III, exercises, focus on single-leg strength, progress plyometrics and sport-specific training
- Encourage maintenance program
- Return to sport-specific activity and impact when cleared by MD at 8-9 months postop

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_