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## MENISCAL TRANSPLANT REHABILITATION PHYSICAL THERAPY PRESCRIPTION

**Patient Name:**

**Date:**

**Dx: s/p ( LEFT or RIGHT ) MENISCAL TRANSPLANT ( medial or lateral )**

### 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° flexion)
- 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

**Additional Instruction:**

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

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