

## **MENISCUS ALLOGRAFT RECONSTRUCTION POST-OP PROTOCOL:**

### **1. FIRST SEVEN DAYS:**

C.P.M. 0 to 60 degrees, 8 hours minimum per day.  
Ambulate non-weightbearing with crutches. Brace fulltime.

### **2. ONE WEEK POST-OP:**

First office visit with M.D....dressing change.  
Begin P.T.: Stim., Isometrics and ROM to Full.

### **3. TWO WEEKS POST-OP:**

Second M.D. visit...Skin clips removed, d/c CPM.

### **4. SIX WEEKS POST-OP:**

Third M.D. visit...DISCONTINUE CRUTCHES & BRACE.  
Closed chain strengthening only. Exercise bike.

### **5. TWELVE WEEKS POST-OP:**

Isotonic strengthening. Swimming and cycling allowed.  
Graduate to home exercises.

### **6. SIX MONTHS POST-OP:**

Full activity allowed in Custom Unloader Brace