



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

	WEIGHT BEARING	BRACE	ROM	EXERCISES
PHASE I 0-2 weeks	Non-weight bearing with crutches	Locked in full extension for sleeping and all activity	0-90° when non-weight bearing	Heel slides, quad sets, patellar mobs, SLR, SAQ** No weight bearing with flexion >90°



		Off for exercises and hygiene		
PHASE II 2-8 weeks	2-6 weeks: Non-WB with crutches 6-8 weeks: Progress to full WB	2-8 weeks: Locked 0-90° On at night Discontinue brace at 8 weeks	As tolerated	Addition of heel raises, total gym (closed chain), terminal knee extensions** Activities w/ brace until 6 weeks; then w/o brace as tolerated No weight bearing with flexion >90°
PHASE III 8-12 weeks	Full	None	Full	Progress closed chain activities Begin hamstring work, lunges/leg press 0-90°, proprioception exercises, balance/core/hip/glutes Begin stationary bike
PHASE IV 12-20 weeks	Full	None	Full	Progress Phase III exercises and functional activities: single leg balance, core, glutes, eccentric hamstrings, elliptical, and bike Swimming okay at 16 wks
PHASE V > 20 weeks	Full	None	Full	Advance to sport-specific drills and running/jumping once cleared by MD

*Brace may be removed for sleeping after first post-operative visit (day 7-10) **Avoid any tibial rotation for 8 weeks to protect meniscus

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: _____

Bryan M. Saltzman, MD