



# MENISCUS ALLOGRAFT TRANSPLANTATION (MAT)

## PHYSICAL THERAPY PROTOCOL

**Bryan M. Saltzman, M.D.**

OrthoCarolina

Assistant Professor of Orthopaedic Surgery, Atrium Health

Sports Medicine & Shoulder/Elbow

1915 Randolph Rd, Charlotte, NC 28207

704-323-3000

[www.BryanSaltzmanMD.com](http://www.BryanSaltzmanMD.com)

**Patient Name:** \_\_\_\_\_ **Date of Surgery:** \_\_\_\_\_

\_\_\_ **Evaluate and Treat**                      \_\_\_ **Provide patient with home program**

**Frequency:** \_\_\_\_\_x/week    x    \_\_\_\_\_weeks

	<b>WEIGHT BEARING</b>	<b>BRACE</b>	<b>ROM</b>	<b>EXERCISES</b>
<b>PHASE I</b> 0-2 weeks	Heel touch weight bearing with crutches	Locked in full extension for sleeping and all activity  Off for exercises and hygiene	0-90° when non- weight bearing	Heel slides, quad sets, patellar mobs, SLR, SAQ**  <b>No weight bearing with flexion &gt;90°</b>
<b>PHASE II</b> 2-8 weeks	<b>2-6 weeks:</b> Heel touch WB with crutches  <b>6-8 weeks:</b> Progress to full	<b>2-8 weeks:</b> Locked 0-90°  Off at night  Discontinue brace	As tolerated	Addition of heel raises, total gym (closed chain), terminal knee extensions**  Activities w/ brace until 6 weeks; then



	WB	at 8 weeks		w/o brace as tolerated <b>No weight bearing with flexion &gt;90°</b>
<b>PHASE III</b> 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
<b>PHASE IV</b> 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
<b>PHASE V</b> > 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**