



THE ORTHOPAEDIC CENTER

A division of Centers for Advanced Orthopaedics

Scott C. Faucett, MD MS
2112 F Street NW Suite 305

Washington, DC 20037
202-770-1447 | 202-912-8484



Meniscus Transplant

Name: _____

Date: _____

ROM RESTRICTIONS
0-90 x 2 weeks
Then Full

BRACE SETTINGS
0-0 x 6 weeks.
Brace must be locked in extension while walking and sleeping.

WEIGHT BEARING STATUS

NWB
0-6 weeks
WBAT
After week 6

TIME LINES
Week 1(1-7POD)
Week 2(8-14POD)
Week 3(15-21POD)

● = Do exercise for that week

	Week													
	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Initial Exercises														
Flexion/Extension - wall slides	●	●	●	●	●	●	●	●						
Flexion/Extension - seated	●	●	●	●	●	●	●	●						
Patella/Tendon mobilization	●	●	●	●	●	●	●	●						
Extension mobilization	●	●	●	●	●	●	●	●						
Quad series	●	●	●	●	●	●	●	●						
Hamstring sets							●	●						
Sit and reach for hamstrings (towel)	●	●	●	●	●	●	●	●						
Ankle pumps	●	●	●	●	●	●	●	●	●					
Toe and heel raises			●	●	●	●	●	●						
Balance series							●	●	●	●	●	●	●	●
Cardiovascular Exercises	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Bike/Rowing with well leg	●	●	●	●	●	●	●	●						
Bike with both legs - no resistance							●	●	●					
Bike with both legs - resistance									●	●	●	●	●	●
Aquajogging									●	●	●	●	●	●
Treadmill - walking 7% incline									●	●	●	●	●	●
Swimming with fins									●	●	●	●	●	●
Elliptical trainer											●	●	●	●
Rowing											●	●	●	●
Stair stepper												●	●	●
Weight Bearing Strength	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Double knee bends							●	●	●	●	●	●	●	
Double leg bridges							●	●	●	●	●			
Reverse lunge - static hold							●	●	●	●	●			
Beginning cord exercises							●	●	●	●	●			
Balance squats										●	●	●	●	●
Single leg deadlift										●	●	●	●	●
Leg press										●	●	●	●	●
Sports Test exercises											●	●	●	●
Agility Exercises	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Running progression												●	●	●
Initial - single plane												●	●	●
Advance - multi directional													●	●
Functional sports test													●	●
High Level Activities	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Golf												●	●	●
Outdoor biking, hiking, snowshoeing												●	●	●
Skiing, basketball, tennis, football, soccer													●	●

2-3 x a week for 12 weeks

Signature: Scott C. Faucett