

MENISCAL ALLOGRAFT TRANSPLANTATION REHABILITATION PROTOCOL

NAAM PATIENT:

Aantal sessies: 30 – 60

Sessies per week: 3-5/week

Datum:

Weightbearing:

0-3 weeks postoperatively: No weight bearing, 2 crutches.

3-6 weeks postoperatively: 50% weight bearing, 2 crutches

6-10 weeks postoperatively: progressive weight bearing allowed to full weight bearing.

Weaning from crutches as Quadriceps control is gained.

Bracing:

0-6 weeks : Bracing in extension for the first week during sleep. Bracing can be used with limited flexion according to Range of Motion paragraph (cfr. Infra). Bracing is not strictly necessary for an arthroscopic procedure.

Range of Motion:

0-2 weeks postoperatively: progressive active en passive range of motion exercises from 0° extension to 30° flexion

2-4 weeks postoperatively: progressive active en passive range of motion exercises from 0° extension to 60° flexion

4-6 weeks postoperatively: progressive active en passive range of motion exercises from 0° extension to 90° flexion

after 6-8 weeks postoperatively: full active and passive range of motion exercises are allowed

Therapeutic exercises:

* 0-3 weeks postoperatively:

- calf muscle exercises
- cocontractions hamstrings/quadriceps
- isometric
- dynamic
- in different degrees if knee flexion

- no straight leg raise exercises

In de initial phase of rehabilitation closed kinetic chains exercises are not allowed in light of the weight bearing restrictions.

In the immediate postoperative period power training is not allowed. Exercising has to be started with limitations in power (50% of max power) and progressively intensified to 70%.

The closed kinetic chain exercises have to be started from less demanding positions such as bike, leg press or steps and intensified to squat position. Progression depends on pain sensation, swelling and quadriceps control.

Proprioception and coordination exercises:

- * allowed from week 3-6 on when the analytical power is satisfactory
- * exercises on boards, trampoline, etc
- * balancing, side steps in anteroposterior and left-right direction

Functional exercises:

- * after 3 months:
 - walking
 - trampoline
 - side steps in anteroposterior and left-right direction
- * after 4-5 months:
 - sports specific exercises

Return to sports:

After 6-8 weeks: swimming

After 12 weeks: bike

After 5 months: running

Non pivot sports when quadriceps 80% of normal power

Pivot sports after 1 year

The time points are merely indicative and may be adapted to your specific situation. Swelling and pain have to be taken into account. Ice application , rest and elevation of the leg are indicated.

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