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Patient Name:

Date:

Date of Surgery:

**Knee Meniscal Allograft Rehabilitation
(ACL Intact Knee)**

- * Postop knee brace, TTWB (up to 10 lbs) in full extension for first ~6-8 weeks
- * Crutches x 8-10 weeks
- * Unlock brace at 2 weeks
- * Discard long leg brace after 6 weeks
- * Start unloader brace at ~8-10 weeks
- * Weeks 8-10 30 lbs partial weight bearing with 2 crutches
- * After week 10: OK to use cane then progress to WBAT with unloader
- * Range of motion:
 - Week 0 - 4: 0-70
 - Week 4 - 8: 0-90
 - Week 8: full R.O.M.
- * Begin isometric quad sets in full extension immediately:
 - straight leg raising with knee in full extension
 - quad setting
- Begin exercise bike and closed kinetic chain exercises at 6 weeks
- Anti-inflammatory modalities prn
- 1000 leg raises per day

Please send progress notes.

Physician's Signature: _____
Gregory Galano, MD