

**Meniscal Allograft Transplantation (MAT) Protocol**

	<b>Weight-baring</b>	<b>Brace</b>	<b>Range of Motion</b>	<b>Exercises</b>
<b>Phase 1</b> 0-2 weeks	Heel touch only	Locked in full extension at all times  Off for hygiene and home exercise only	Gentle passive 0- 90°	Calf pumps, patellar mobilization, quadriceps tightening sets and SLR in brace
<b>Phase 2</b> 2-8 weeks	<b>2-6 weeks:</b> Heel touch only  <b>6-8 weeks:</b> Advance 25% weekly and progress to full with normalized gait pattern	<b>2-6 weeks:</b> Unlocked 0-90°  Discontinue brace at 6 weeks	Advance as tolerated CPM continues for 6 hours per day 0-90°	<b>2-6 weeks:</b> Add side-lying hip and core, advance quad set and stretching (a)  <b>6-8 weeks:</b> Addition of heel raises, total gym (closed chain), gait normalization, eccentric quads, eccentric hamstrings  Advance core work with hip, gluteal and core strengthening  No weight-bearing with flexion >90°
<b>Phase 3</b> 8-12 weeks	Full	None	Full	Progress closed chain activities  Advance hamstring exercises, proprioception & balance exercises, lunges & leg press 0-90° only  Advance core work with hip, gluteal and core strengthening  Begin Stationary Bike at 10 weeks
<b>Phase 4</b> 3-5 months	Full	None	Full	<b>Progress Phase III exercises and functional activities:</b> walking lunges, planks, bridges, Swiss ball, half-Bosu exercises

				Advance core work with hip, gluteal and core strengthening Swimming allowed at 16 weeks
<b>Phase 5</b> 5-12 months	Full	None	Full	Advance non-impact activity No running, jumping, pivoting, or sports participation unless cleared by MD
CPM – continuous passive motion machine; SLR – Straight-leg raise (a) Avoid tibial rotation for first 8 weeks.				