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ACL Reconstruction with Meniscus Repair

This information and protocol is a guideline, individual variations and changes will apply

<u>Postop</u>	<u>Goals</u>	<u>Precautions</u>	<u>Exercises</u>
Weeks 0-4 PT 1-2x/week HEP daily	Full passive extension ROM 0-90° Patella mobility Edema and pain control SLR without lag Promote independence	TTWB to PWB (50%) Limit knee flexion: 0-90° Brace locked at 0° for ambulation Brace locked at 0° for sleeping Avoid A knee extension 40→0°	Passive extension A/AA knee flexion Short crank ergometry Patella mobilization Quad re-education and SLR Hip/Core training
Weeks 4-8 PT 2-3x/week HEP daily	Full passive extension ROM 0-125° Normalize patella mobility Edema and pain control Improve quad control Promote independence Normalize gait Ascend 8" step with control	PWB (50%) → WBAT by 8 weeks No weight bearing in >90° flexion Open brace 0-40° for ambulation with crutches abiding with PWB Brace locked at 0° for sleep Limit knee flexion to 125° Avoid A knee extension 40→0°	AAROM knee flexion/extension Emphasize full passive extension Standard ergometry (ROM>115°) Patella mobilization Quad re-education Proprioceptive training Hip/Core training Short crank bike Bilateral leg press 0-80°
Weeks 8-16 PT 1-2x/week HEP daily	Full ROM Descend 8" step with control Improve endurance Protect patellofemoral	WBAT DC brace/crutches when adequate quad and non-antalgic gait Avoid painful activities Avoid reciprocal stairs until adequate quad No running	Progress squat/leg press Initiate step-down program Quad isotonics 90-40° arc Advance proprioceptive training Elliptical Retrograde treadmill
Weeks 16-26 PT 1-2x/week HEP daily	Symptom free running Improve strength/flexibility Hop Test >75% limb symmetry	WBAT Avoid painful activities	Forward running program when 8" step down satisfactory Advance agility program Start plyometrics
Weeks 26+ PT 1x/week HEP daily	No apprehension with sport specific movements Strength and flexibility to meet sporting demands Hop Test >85% limb symmetry	WBAT Avoid painful activities No sport until MD clearance	Advance flexibility/agility/plyometrics Sport specific training