

ACL Reconstruction Rehabilitation with Meniscus Repair Protocol (Graft: _____)

Phase/ Goals	Immobilization	ROM	Therapeutic Exercises
<p>Phase 1 (0-6 weeks)</p> <p>Goals:</p> <ul style="list-style-type: none"> ● SLR x 20 without lag ● Protect graft and meniscus repair ● Control effusion ● Normal gait on level surface 	<p>Hinged knee brace x 6 weeks</p> <p>0-2 weeks: toe-touch weightbearing, locked in extension for ambulation, 0-90 with PT</p> <p>3-4 weeks: 50% partial weightbearing with crutches, brace unlocked 0-90 degrees at all times</p> <p>5-6 weeks: full weightbearing, wean crutches, brace unlocked 0-90 at all times</p>	<ul style="list-style-type: none"> ● Weeks 0-2: brace unlocked 0-90 with PT, locked in extension for mobilization ● Weeks 3-6: brace unlocked 0-90 at all times ● Avoid forced flexion ● Begin PROM 0 – 120 deg (by end of 6 weeks) ● Patellar mobilization all directions <p>Modalities:</p> <ul style="list-style-type: none"> ● NMES if unable to perform SLR without lag ● Cryocuff/Game Ready Compression/ Ice 	<ul style="list-style-type: none"> ● Quad recruitment, NMES as needed ● Quad, hamstring, glute strengthening ● Flexion: heel slides, seated knee flex ● Extension: heel prop, prone hang ● Long sitting HS stretch ● Quad sets, glut sets ● SLR in all planes with assist until no lag ● Gastric/soleus stretch ● Closed kinetic chain quad exercises as tolerated (mini squats, wall sits) ● Balance/proprioception
	<p>Discontinue brace if able to maintain SLR without lag</p>		<ul style="list-style-type: none"> ● Bike for ROM



<p>Phase 2 (7-10 weeks)</p> <p>Goals:</p> <ul style="list-style-type: none"> • No effusion • Restore normal gait • Maintain full extension • Progress to full ROM • Hip, quad, HS, calf strength 	<p>Full ROM</p>	<ul style="list-style-type: none"> • Begin full A/ PROM as tolerated • Restore full ROM • Restore normal activities of daily living <p>Modalities:</p> <ul style="list-style-type: none"> • Hi-volt IFC for edema control/ice • Scar STM when incision healed • Patellar mobs all directions • Gentle prone quad stretch/knee flex • Manual assist extension/passive stretch 	<ul style="list-style-type: none"> • May begin elliptical when normal gait • Closed kinetic chain quad strengthening and progress as tolerated • Stairmaster, elliptical • Lateral band stepping • LE stretching: HS, quads, ITB, piriformis (pain free) • Quad sets/glut sets, clams/mini-hydrants/glut pushes • Calf raises on leg press • Single leg press • Standing TKEs • Gait training- when gait WNL, progress to reverse incline
<p>Phase 3 (11-16 weeks)</p> <p>Goals:</p> <ul style="list-style-type: none"> • Full ROM • Protect patellofemoral joint • Normal running mechanics • Strength approximately 70% of uninvolved lower extremity 	<p>Maintain ROM and full weightbearing</p> <p>Avoid overstressing graft</p>	<ul style="list-style-type: none"> • Full A/PROM <p>Manual:</p> <ul style="list-style-type: none"> • Joint mobs PRN for full flex and ext ROM • Patellar mobs/ Scar STM with extractor <p>Modalities:</p> <ul style="list-style-type: none"> • Ice/stim PRN 	<ul style="list-style-type: none"> • Bike, elliptical, stair master • Step ups/lateral step over's- progress to faster pace • Lunges- stationary (may progress to walking at week 12) • Lateral walks with sport cord • SLS dynamic surfaces with ball toss and perturbation training • Begin walk-jog progression week 14 if full ROM/no edema/full strength and can perform SL hops x10 pain-free (SUPERVISED) • No cutting or pivoting

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<p>Phase 4 (4-6 months)</p> <p>Goals:</p> <ul style="list-style-type: none"> • Jogging without pain/swelling • SL jump w/o difficulty • eliminate patellofemoral tissue complaint 	<p>Fit for ACL brace</p>	<ul style="list-style-type: none"> • Full A/PROM 	<ul style="list-style-type: none"> • Continue everything in phase 3 • Increase walk-jog progression to easy pace with incline • Jogging patterns at 50-75% speed • Muscular power – squads, split jumps, sled drags • Agility progression: side steps, crossovers • Treadmill running
<p>Phase 5 (6+ months)</p> <p>Goals:</p> <ul style="list-style-type: none"> • Sport-specific training without pain or swelling 	<p>ACL brace for high level activity</p>	<ul style="list-style-type: none"> • Continue Full A/PROM • Modalities PRN 	<ul style="list-style-type: none"> • Figure 8 running patterns/running progression • Ladder/footwork drills • Gym-program activities • Sport-related strengthening Gym-program activities • Progress plyometric progression