

Aaron J. Casp, MD
Sports Medicine, Hip, Knee, and Shoulder Surgery
 1201 11th Ave S
 Birmingham, AL 35205
 Ph: (205) 930-8339

ACL Reconstruction with Meniscus Root 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>3-6 weeks: 25% partial weightbearing with crutches, brace unlocked 0-90 degrees 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) ○ Immediate 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

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<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>Discontinue brace if able to maintain SLR without lag Wean crutches starting week 6</p> <p>Full ROM</p>	<ul style="list-style-type: none">○ Begin full A/ PROM as tolerated○ Restore full ROM○ Normalize ADLs <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">○ Bike for ROM○ 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 overstrengthening 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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Phase 4 (4-6 months) Goals: <ul style="list-style-type: none">○ Jogging without pain/swelling○ SL jump w/o difficulty○ eliminate patellofemoral tissue complaint	Fit for ACL brace	<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
Phase 5 (6+ months) Goals: <ul style="list-style-type: none">○ Sport-specific training without pain or swelling	ACL brace for high level activity	<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