

## ACL Reconstruction Protocol with Meniscus Repair

<b>General</b>	Begin passive range of motion (ROM) immediately after surgery unless instructed otherwise <ul style="list-style-type: none"><li>• Full extension is emphasized at each visit and for daily exercises</li><li>• Max ROM is 90 degrees of flexion for first four weeks</li></ul> Weight bearing status: Touch down for two weeks, then 50 percent weeks three and four Brace: Locked in full extension for ambulation for four weeks <ul style="list-style-type: none"><li>• May unlock to 90 degrees for sitting</li></ul>
<b>Week 1</b>	Wall slides/heel slides (limit to 90 degrees) Prone hangs and heel props patellar mobilizations Ankle pumps and gastroc/soleus stretching Quad sets with straight leg raises (use brace with SLR until no extensor lag)
<b>Week 2</b>	Same as week one with the addition of: <ul style="list-style-type: none"><li>• Toe raises/heel raises</li><li>• Gentle hamstring stretch (do not force if painful)</li></ul>
<b>Week 3</b>	Goal is ROM of full extension and 90 flexion by week four Same as week two with the addition of: <ul style="list-style-type: none"><li>• Stationary bike for ROM only (minimal resistance)</li></ul>
<b>Week 4</b>	Begin "body weight" strengthening through exercise; no open chain exercises <ul style="list-style-type: none"><li>• Partial bending knee squats, wall sits</li></ul>
<b>Week 7</b>	Treadmill incline walk increase ROM as tolerated double knee bends
<b>Week 10</b>	Single (operative) knee bends (limit to 90 degrees) Single (operative) leg balance/proprioception work (ball toss, mini-tramp) stationary bike progressive time and resistance
<b>Month 3</b>	Knee ROM should be full and painless before starting, no knee swelling Leg press: Up to 90 degrees (start with double leg and progress to single) Leg curls: Progress hamstring strengthening (hold if painful) Monster walks and half lunges
<b>Month 4</b>	May begin jogging on treadmill with supervision Agility exercises: Start straight line and then progress to side-to-side (in brace)
<b>Months 5 to 7</b>	Progress strengthening with knee flexion past 90 degrees Sport specific training, agility and plyometric exercises with supervision <ul style="list-style-type: none"><li>• <b>Do not progress</b> if poor landing technique or core control</li></ul>
<b>Months 7 to 8</b>	Return to sports only after functional testing and approval by therapist and Dr. Shook