

ACL Reconstruction with Meniscal Repair

- I. 1-6 Weeks S/P**
 - a. Progress weight-bearing ROM 0-90°. Passive terminal extension (40° - 0°).
 - i. ROM 0-70 degrees at 2 weeks
 - ii. ROM 0-90 degrees at 6 weeks
 - b. Quadriceps re-education (electrical stimulation, biofeedback)
 - c. Hamstring and hip progressive resistance exercises
 - d. Isometrics at 90° / Straight leg raises
 - e. Patellar mobilization
 - f. Short crank bicycle ergometry (Starting at 2 weeks as tolerated)
 - g. Cryotherapy
 - h. WBAT w/brace locked; Open brace from 0-40° at 4 weeks for weight bearing
- II. 6-12 Weeks S/P ACL Reconstruction with meniscus repair**
 - a. All exercises from earlier protocol apply plus the following:
 - b. Progress ROM beyond 90 degrees as tolerated
 - c. Begin squat/step program
 - i. (Limit squat activities to a maximum of 90 degrees knee flexion)
 - d. Begin proprioception program
 - e. Begin quadriceps isotonic with proximal pad in 90° - 40° arc
 - f. Continue closed chain quadriceps strengthening in full arc (leg press, wall slides)
 - g. Begin retro step program
 - h. Nordic track
 - i. Continue edema control/swelling modalities
- III. 12-24 Weeks S/P ACL Reconstruction with meniscus repair**
 - a. All exercises from earlier protocol apply plus the following:
 - b. Quadriceps isotonic - full arc for closed chain. Open chain: 90° - 40° arc
 - c. Begin functional exercise program
 - d. Isokinetic quadriceps with distal pad as available
 - e. Begin running program at 12-16 weeks when quad control allows
- IV. 24 Weeks S/P ACL Reconstruction with meniscus repair**
 - a. Full arc progressive resistance exercises - emphasize quads
 - b. Agility drills
 - c. Plyometrics
 - d. Advanced functional exercises
 - e. KT-1000 test if available
 - f. Progress running program
 - g. Progress slowly through cutting/lateral movement exercises
 - h. Isokinetic test at 60°/second, 180°/second, 240°/second as available