

ACL Reconstruction with Meniscus Repair Rehabilitation

| <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 | WBAT with knee brace 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 | 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 | 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 isotonic 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 |