



# ACL RECONSTRUCTION WITH MENISCUS REPAIR POST-SURGICAL REHABILITATION PROTOCOL

## POST-OP DAYS 1 - 14

- Dressing:
  - POD 1: Debulk dressing, TED Hose in place
  - POD 2: Change dressing, keep wound covered, continue TED Hose
  - POD 7-10: Sutures out, D/C TED Hose when effusion resolved
- Brace x 6 weeks - Locked in extension for ambulation
- Crutches - Partial weight bearing (PWB) in brace
- Patellar mobilization (teach patient)
- Calf pumping
- AAROM 0-90 degrees (passive extension, heel slides with towel assist)
- Passive extension with heel on bolster or prone hangs
- **No active Hamstring exercises**
- Electrical stimulation in full extension with quad sets and SLR
- Quad sets
- Straight leg raise (SLR) x 4 on mat (in brace if poor quad control)
- Stationary bike for range of motion 0-90 degrees
- Ice pack with knee in full extension after exercise

## GOALS

- Full passive extension
- Flexion to 90 degrees
- Good quad control

## Weeks 2 - 4

- Brace x 6 weeks - Open to 0-90 degrees
- Crutches - PWB in brace
- Continue appropriate previous exercises
- Scar massage when incision healed
- PROM, AAROM 0-90 degrees only
- **No active Hamstring exercises**

Co-contractions quads / HS

- SLR x 4 on mat - Add light ankle weights if quad control is maintained
- Double leg heel raises
- Stretches - HS, AT, Hip Flexors, ITB

## GOALS

- Pain/effusion control
- No extensor lag

## **WEEKS 4 - 6**

- Brace x 6 weeks - Open to 0-90 degrees
- Crutches - PWB in brace
- Continue appropriate previous exercises
- AAROM, AROM 0-90 degrees only
- Weight shifts
- Mini squats 0-45 degrees - In parallel bars
- Total Gym (level 3-5) - Mini squats 0-45 degrees
- Passive flexion to 90 degrees (push up with opposite leg)
- Leg press 0-45 degrees with light resistance (up to 1/4 body weight)
- Hamstring curls 0-45 degrees - Carpet drags or rolling stool (closed chain)
- Stationary bike with seat high for ROM - Complete cycle as able

## **GOALS**

- ROM 0-90 degrees
- No effusion

## **WEEKS 6 - 9**

- D/C Brace
- Crutches - weight bearing as tolerated (WBAT), D/C when gait is WNL
- Continue appropriate previous exercises
- PROM, AAROM, AROM - Gradually increase motion through full range
- Standing SLR x 4 with light Theraband bilaterally
- Wall squats 0-45 degrees
- Leg press 0-60 degrees with light resistance (up to 1/2 body weight)
- Hamstring curls 0-60 degrees - Carpet drags or rolling stool (closed chain)
- Forward, lateral and retro step downs in parallel bars
- No knee flexion past 45 degrees (small step)
- Single leg heel raises

Proprioceptive training - Single leg standing in parallel bars

- Double leg BAPS for weight shift
- Treadmill - Forwards and backwards walking
- Stationary bike - Progressive resistance and time
- Pool - Walking / running (no kicking)

## **GOALS**

- Full ROM
- Normal gait

## **WEEKS 9 - 12**

- Continue appropriate previous exercises with progressive resistance

- Wall squats 0-90 degrees
- Leg press 0-90 degrees with resistance as tolerated
- Hamstring curls 0-90 degrees on weight machine with light resistance
- Forward, lateral and retro step downs (medium to large step)
- Hip weight machine x 4 bilaterally
- Proprioceptive training - Single leg BAPS, ball toss and body blade

- Grid exercises

- Fitter
- Slide board
- Treadmill - Walking progression program
- Elliptical trainer
- Pool therapy - No swimming laps

### **GOAL**

- Walk 2 miles at 15 min/mile pace

### **MONTHS 3 - 4**

- Isokinetic testing at 180 and 300 degrees/sec
- Must have 80% of opposite leg to clear for straight line running
- Continue appropriate previous exercises
- **No Squatting or Leg press > 90 degrees**
- Hamstring curls on weight machine through full range
- Knee extension weight machine
- Short arc quads
- Functional activities - Figure 8s, gentle loops, large zigzags
- Stairmaster - Small steps

Treadmill - Running progression program if cleared

- Pool therapy - Swimming laps

### **GOAL**

- Run 2 miles at easy pace

### **MONTHS 4 - 6**

- Repeat Isokinetic testing as needed
- Continue appropriate previous exercises
- Squatting and Leg press through full range as tolerated
- Agility drills / Plyometrics
- Sit-up progression
- Running progression to track
- Quad stretches
- Transition to home / gym program

### **GOAL**

- Return to all activities

***\*NO CONTACT SPORTS UNTIL 6 MONTHS POST-OP\****