

ACL Reconstruction with Meniscus Repair

Pre- and Post-Operative Physical Therapy Post-op Protocol

***Blood Flow Restriction (BFR) encouraged at all stages**

Weeks 0-2

Primary goals: Eliminate swelling; ROM – full extension; Touch-Down WB; Regain quad control

- Touch down weight bearing (TDWB) x2 weeks
- Brace locked in extension for ambulation with crutches with return of active straight leg raise
- Brace locked in extension for sleep
- ROM limited to 0-90, towel rolls under heel while sedentary
- Patella mobilization
- Straight leg raise, heel slides, quad sets

Weeks 2-4

Primary goals: Increase ROM; Increase total leg strength; Normalize gait

- ROM limited to 0-90 focus on terminal extension
- Emphasize patellar mobilization
- Straight leg raise, terminal extension, hip abduction, gluteal and core strengthening, ankle pumps
- Quad sets
- Abdominal isometrics

Weeks 4-6

Primary goals: Normal ADLs; Increase functional capacity; Increase strength

- Gradual full weight bearing, discontinue crutches and brace (if possible)
- ROM – WNL
- Treadmill walking (if gait normal)
- Stairmaster – ipsilateral rotation and straight
- Mini squats – bilateral
- Step ups – Anterior: 4 inches gradual to 8 inches
- Step ups – Anteromedial: 4 inches gradual to 8 inches
- Step downs – Anterior & medial: 4 inches, progress to 8 inches
- Unilateral squats, stance, quad sets

Weeks 6-12

Primary goals: Increase functional leg strength; Normalize balance and proprioception

- 2# ball toss on trampoline – unilateral stance – increase dispersion with improved control
- Balance board – unilateral – sagittal & frontal
- Step downs – posterolateral @ 8 inches
- Lunges – anterior and lateral for distance and speed (not depth)
- Increase strengthening especially in frontal and transverse planes
- Stairmaster – contralateral rotation and straight
- Sliding board
- Emphasize eccentric quad
- Continue closed chain, step ups, mini squats, leg press
- Hip abduction/adduction, calf raises

Weeks 12-16

Primary goals: Increase agility and speed of training; Normalize strength; Increase muscular endurance

- Initiate Plyometrics
- Initiate running program (*16 weeks for allograft)
- Initiate agility drills
- Sport specific training
- Sliding board side-side with rotation
- Lunges – anterolateral, anteromedial
- Bilateral hopping – low intensity/high volume
- Fitter side-side

Months 4-6

Primary goals: Gradual return to athletic activity

- Jumping
- Unilateral hopping
- Agility drills; running, cutting
- Accelerate sport specific drills and training

Months 6-12

Primary goals: discharge into home program and release to full sport participation

- Decision for full return to sport is based on peer-reviewed physical testing and performance in sport-specific drills