

ACL Reconstruction Protocol with Meniscus Repair

General	Begin passive range of motion (ROM) immediately after surgery unless instructed otherwise <ul style="list-style-type: none">• Full extension is emphasized at each visit and for daily exercises• Max ROM is 90 degrees of flexion for first four weeks 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">• May unlock to 90 degrees for sitting
Week 1	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)
Week 2	Same as week one with the addition of: <ul style="list-style-type: none">• Toe raises/heel raises• Gentle hamstring stretch (do not force if painful)
Week 3	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">• Stationary bike for ROM only (minimal resistance)
Week 4	Begin “body weight” strengthening through exercise; no open chain exercises <ul style="list-style-type: none">• Partial bending knee squats, wall sits
Week 7	Treadmill incline walk increase ROM as tolerated double knee bends
Week 10	Single (operative) knee bends (limit to 90 degrees) Single (operative) leg balance/proprioception work (ball toss, mini-tramp) stationary bike progressive time and resistance
Month 3	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
Month 4	May begin jogging on treadmill with supervision Agility exercises: Start straight line and then progress to side-to-side (in brace)
Months 5 to 7	Progress strengthening with knee flexion past 90 degrees Sport specific training, agility and plyometric exercises with supervision <ul style="list-style-type: none">• Do not progress if poor landing technique or core control
Months 7 to 8	Return to sports only after functional testing and approval by therapist and Dr. Shook