

Jeffrey Dean, MD
Orthopedic Surgeon

ACL RECONSTRUCTION WITH MENISCUS REPAIR

(Rehabilitative Guidelines)

Post-op Days 1 – 14

No HS Ex Dressing – POD 1: Debulk dressing, TED Hose in place
– POD 2: Change dressing, keep wound covered, continued
TED Hose
– POD 7-10: Sutures out, D/C TED Hose when effusion
resolved
Brace – locked in extension for ambulation
Crutches – PWB in brace (D/C at 6 weeks if gait is WNL)
Patellar mobilization (teach patient)
Calf pumping
PEAF (passive extension-active flexion), heel slides, 0-90 degrees
AAROM 0-90 degrees
Stationary bike for ROM – 0-90 degrees
Passive extension with heel on bolster or prone hangs
Electrical stimulation in full extension with quad sets and SLR
Quad sets, Co-contractions quads/ham
SLR x 4 (parallel bars if poor quad control)
Double leg heel raises
Ice pack with knee in full extension after exercise

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

Weeks 2 – 4

No HS Ex Brace – 0-90 degrees
Crutches – TTWB
Continue appropriate previous exercises
Patellar mobilization
Scar massage when incision healed
PROM, AAROM, AROM 0-90 degrees only
SLR x 4 on mat – add light ankle weights if quad control is maintained
Stretches – HS, AT, Hip flexors, ITB

Goals – Pain/effusion control, No extensor lag

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Weeks 4 – 6

Brace – 0-90 (D/C at 8 weeks)
Crutches – PWB
Continue appropriate previous exercises
PROM, AAROM, AROM
Mini squats, weight shifts – in parallel bars
Total Gym to start closed chain activity
 – Mini squats (level 3-5) – No flexion > 45 degrees
 – Passive flexion to 90 degrees (push up with opposite leg)
Leg press with light resistance to 0-45 degrees
Hamstring curls 0-45 – closed chain (carpet drag, rolling stool)
Stationary bike with seat high for ROM, complete cycle as able
Pool – walking and jogging (no kicking)

Goals – ROM 0-90 degrees, No effusion

Weeks 6 – 9

D/C brace at 8 weeks
Crutches – WBAT, D/C when gait is WNL
Continue appropriate previous exercises
PROM, AAROM, AROM – gradually increase motion
Partial wall squats – No knee flexion past 45 degrees
Forward, lateral, and retro step downs in parallel bars
 – No knee flexion past 45 degrees
Single leg heel raises
Proprioceptive training – single leg standing in parallel bars
 – double leg BAPS for weight shift,
 – progress to single leg BAPS, ball toss, and body blade
Standing SLR x 4 with Theraband bilaterally
Leg press 0-60 degrees
Hamstring curls 0-60 – closed chain
Stationary bike for progressive resistance and time
Treadmill – backwards and forwards walking
Elliptical trainer
Goals- Full ROM, Normal gait

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Weeks 9 – 12

Continue appropriate previous exercises with progressive
Hamstring curls 0-90 degrees – closed chain
Leg press 0-90 degrees only
Functional activities – Fitter, sliding board
Treadmill – forward walking, approaching 15 min/mile pace
Begin Gym program

Goals – Walk 2 miles at 15 min/mile pace
resistance

Months 3 – 4

**No squatting
>90 degrees** Continue appropriate previous exercises
Leg press 0-90 degrees
Full hamstring curls – open/closed chain
Functional activities – figure 8s, gentle loops, large zigzags
May begin incorporating open chain strengthening as tolerated
Treadmill – Begin speed walking to jogging program
Pool therapy – begin swimming laps

Goals– Jog 2 miles at easy pace

Months 4 – 6

Home/gym program
Full flexion with squatting/leg press
Continue strengthening, stretching, closed chain, proprioceptive training
Running progression program
Agility drills / Plyometrics
Sit-up progression
Quad stretches
Functional test at 6 months to clear for sports and discharge
– Must have 90% of opposite leg

Goals – Return to all activities, Pass APFT at 6 months post op

No contact sports until 6 months post op

