



ACL WITH MENISCUS POST-OPERATIVE PROTOCOL

PHASE I – MAXIMUM PROTECTION:

WEEKS 0-2:

Crutches:

- Nonweightbearing for 14 days post-op to protect meniscal repair and reduce swelling, then discontinue when patient can ambulate without a limp

Brace: locked in full extension for 4-6 weeks per physician orders

Exercises:

- Patella mobility
- Begin passive/active knee range of motion to 90° of knee flexion and strong emphasis on full knee extension
- Quadriceps setting focusing on VMO contraction
- Multi-plane open kinetic chain straight leg raising
- Gait training

WEEKS 2-4:

Exercises:

- Open and closed kinetic chain resisted cord multi-plane hip strengthening
- Proprioception training
- Pool program when incision sites healed; maintain 90° flexion limitation

PHASE II – PROGRESSIVE STRETCHING AND EARLY STRENGTHENING:

WEEKS 4-6:

Brace: Open brace to 0° to 90° per physician's orders

Exercises:

- Gradually restore full range of motion with emphasis on extension/hyperextension
- Normalize gait
- Initiate lower extremity stretching program
- Stationary bike, treadmill, and/or elliptical trainer
- Closed kinetic chain strengthening progressing from bilateral to unilateral as tolerated

PHASE III – ADVANCED STRENGTHENING AND PROPRIOCEPTION PHASE:

WEEKS 6-10:

Brace Use:

- Open brace fully from 0° to 120°
- Wean out of brace weeks 6 to 8

WEEKS 10-12:

Exercises:

- Gym-strengthening program – Progressing from bilateral to unilateral
 - Leg press, squats, lunges, hamstring curls, ab/adduction, calf raises, and leg extensions (0° to 30°)



THE ORTHOPEDIC PARTNERS
AN RCM CLINIC

PARK CITY • HEBER CITY • SALT LAKE CITY

PHASE IV – STRENGTHENING AND PLYOMETRIC PHASE:

WEEKS 12-20:

Exercises:

- Implement a full gym-strengthening program
- Pool running progressing to dry land at 16 weeks as tolerated
- Advance proprioception drills
- Low impact plyometric drills at 16-20 weeks
- Fit functional brace in clinic with provider

PHASE V – RETURN TO SPORT FUNCTIONAL PROGRAM:

WEEKS 20-24:

Exercises:

- Sprinting
- Field and agility drills with brace on

WEEK 24–32:

- Follow-up examination with physician
- Sports test for return to play at 6 months post op