



orthopedic ONE

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ACL Reconstruction Protocol (with meniscal repair)

Phase I: (0-6 weeks)

Goals:

Alleviate acute pain and swelling

Increase ROM 0-90° (emphasize 0° extension)

Increase hamstring and quadriceps strength

Promote comfortable ambulation with brace and crutches (TDWB first 6 weeks) Brace: Locked in extension week 1, and then unlocked for weeks 2-5 (0-90°) Maintain cardiovascular conditioning

Plan: (0-2 weeks)

Patellar mobilization

PROM positioning for knee extension ROM

Heel wall slides w/o brace

1/2 revolution non-resisted b e for knee flexion (knee flexion 90° first 5 weeks) Hamstring and quadriceps co contraction Hamstring and calf stretching

4-Quad (hip flexion, abduction, adduction, extension)

Modalities for pain and edema control

Plan: (2-6 weeks)

Soft tissue/scar mobilization

Prone/standing knee flexion

Weight shifting in standing, 0-30° ROM mini-squats

EMS co-contraction at VMO and hamstrings

Theraband ankle exercises - progress to standing as WB dictates' Stairmaster (begin at 5 weeks)

Proprioceptive training/balance -BAPS, trampoline (begin at 5 weeks) General conditioning

Aquatic therapy (when incisions healed) No whip kick

Phase H (6-12 weeks)

Goals:

Decrease swelling and prevent atrophy Increase ROM 0-125°

Increase quadriceps and hamstring strength Increase hip strength

Stimulate collagen healing

Independent ambulation without crutches

Continue general conditioning

ACL Reconstruction Protocol
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CONTINUED

Plan:

Continue phase I exercises
Continue patellar mobilization and ROM activities
Continue hamstring and calf stretching
Standing $\frac{1}{2}$ squat
Joint and soft tissue mobilization as needed
Isotonic hamstring NK table
Leg press
Continue closed chain, balance and proprioceptive activities
Continue EMS as needed for muscle re-ed and edema
Step-ups (controlled - forward and side)
*McConnell taping as necessary
May begin swimming with modified kick (no "whip kick" or "egg beater kick") General conditioning

Phase III (12-20 weeks)

Goals:

Full ROM
Continue all goals from Phase II

Plan: (12-16 weeks)

Continue phase II exercises and progress as tolerated
Step-up - side and down
Increase proprioceptive training (sport cord, body blade, plyoballs) Treadmill as tolerated
Continue Stairmaster
 $\frac{1}{2}$ wall sits as tolerated

Plan: (16-20 weeks)

Light jogging on trampoline
to $\frac{1}{2}$ squats (pain-free)
Progress with closed chain activity Isotonic terminal knee extension
(30-0°)

Phase IV (20-36 weeks)

Goals:

Development of strength, power and endurance Begin to prepare for return to recreational activity
Begin sport specific training

Plan:

Continue Phase III exercises and conditioning activities Continue strength training
Initiate running program
Initiate agility drills
Sport specific training and drills
Isokinetic evaluation