



Isolated ACL Reconstruction With Intra-Articular / Meniscal Repair

PHASE I

0-2 Days

Brace: Brace Knee locked at 0 degrees

Gait: Weight bearing as tolerated on crutches

Exercises: AROM
 Heel Slides
 Quad sets
 Straight Leg raise
 Hamstring sets
 Ankle pumps

2 days – 2 weeks

Brace: Open brace to 30 degrees at post op day 2
 Open brace to 60 degrees at week two

Gait: Partial weight bearing increasing to full weight bearing as tolerated by the patient.
 Goal is to be full weight bearing by 14 days post op. Progress to weight bearing with one crutch prior to ambulating without crutches. Can progress to walking without crutches when they can demonstrate walking with a minimal limp.

Exercises: Continue previous exercise program
 Passive knee extension
 Begin weight shifting over surgical leg in parallel bars
 Begin standing terminal knee extension/quad sets in parallel bars
 Hamstring, calf and IT band stretches as needed
 Patellar mobilization
 Resisted hip flexion, extension, adduction, and abduction
 Initiate closed chain activities
 Begin single leg balance in parallel bars (surgical leg)
 Begin 3 way hip lunges
 Stationary bike with no resistance at 10-14 days

Goal: 110 degrees flexion by two weeks post op and to have full passive extension by three weeks post op

**** Special consideration: Avoid knee flexion greater than 60 degrees with performance of closed chain kinetic exercise for four weeks**

3-4 weeks

Brace: Open brace to 90 degrees at week four

Exercises: Continue previous exercise program
 May begin leg press, hip sled
 BAPS board/KAT when they are FWB without crutches – begin in sitting

Start step-ups, forward and to the side, beginning with 4-inch step
Partial Lunges

PHASE II

5-6 weeks

Brace: Open brace to 120 degrees at week six or may discontinue brace if good quad strength

Exercise: Continue previous exercise program
May start hamstring PRE if no hamstring or pes anserinus pain
Begin cross training activities such as stair-stepper, Nordic track, or elliptical trainer
May begin proprioceptive activities on mini tramp when patient can perform a single leg stand for longer than 20 seconds

PHASE III

7-9 weeks

Exercise: Continue with previous exercises
Increase proprioceptive activities – slide-board, theraband
Ascend/descend stairs without pain or compensation

10 weeks

Exercise: Begin jogging if good quad tone

12-14 weeks

Exercise: Continue with strengthening
Begin agility drills

16-24 weeks

Exercise: Begin run and cut activities at 16 weeks when cleared by physician
Plyometrics
Begin sport specific conditioning as strength and endurance improve
Perform function test at 20 weeks

Anticipate return to sports 6 months post op