ACL RECONSTRUCTION WITH MENISCUS REPAIR
JOSEPH MISSON, MD

PATIENT _____   DATE OF SURGERY _____

POST-OP 1-4 WEEKS (days 2-28)

Frequency/Duration of treatment to be determined by therapist
Encourage patient to follow HEP

GOALS

Full active extension equal to opposite leg (no open chain extension)
Good patellar mobility

WEIGHT BEARING

20 - 30 lbs weight bearing

ROM LIMITS

0 - 70 degrees
CPM x 3weeks 0 - 60 progress to 70 degrees max for 6 - 8 hrs/day

THER-EX

Quad Sets
Straight Leg Raise (4 plane)
Four Plane Theraband
Hamstring and Gastroc Stretching
Prone Hang for Extension ROM
Patellar Mobs
Heel Slide (0 - 90 degrees)
Ankle Pumps
Theraband Ankle Exercises

MODALITIES

E-Stim (quad control, pain, swelling)
Cryotherapy
Biofeedback

POST-OP 4-6 WEEKS (days 29 - 42)

WEIGHT BEARING

WBAT
D/C crutches when patient demonstrates good quad control and no extensor lag

ROM LIMITS

0 - 120 degrees by day 42

THER-EX

Continue above exercises
Closed Chain exercises 0-45

Wall Sit	Stationary bike
Total Gym	Eliptical walker
Leg Press	

Heel Raises on Step
Leg Curl (0-45 degrees with low resistance)
NO OPEN CHAIN EXTENSION MACHINE
Proprioceptive Training

Foam
Dyna Disc

Treadmill Walking forward/backward
Step ups
Bike with no resistance

MODALITIES

Continue above modalities as needed

POST-OP 7-15 WEEKS (days 43 - 4 months)

BRACE
Functional ACL Brace to be determined by surgeon
WEIGHT BEARING
Full Weight Bearing
ROM
Progress to full ROM as tolerated (continue to limit ROM with isotonic strengthening)
THER-EX
Continue above exercises with ROM increased to 90 degrees
Proprioceptive Training
Single leg balance
Foam/Dyna Disc with Plyoback
Single Leg Heel Raise
Side Stepping on Treadmill
Resisted walking
Stool Slides

POST-OP 4 MONTHS

Continue above exercises (ROM 0 - 90)
May begin gradual open chain exercises
Initiate jogging/running program
Plyometrics
Line jumps

POST-OP 5 MONTHS

Continue above exercises
Full ROM on all exercises
Agility drills
Sport specific training

POST-OP 6 - 8 MONTHS

Return to Sport

Physician Signature   Date