ACL RECONSTRUCTION WITH MENISCUS REPAIR
JAMES M. NIEMAN, 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 - 90 degrees
> CPM x 3weeks 0 - 60 progress to 90 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