

ACL RECONSTRUCTION WITH MENISCUS REPAIR
Jeff Otte, 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

Weightbearing as tolerated

ROM LIMITS

ROM as tolerated when non-weightbearing

No Resistance training at >90 degrees flexion

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

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

No ROM limit when non-weightbearing,

No resisted Strenghtening beyond 90 degrees

THER-EX

Continue above exercises

Closed Chain exercises 0-45

Wall Sit

Stationary bike

Leg Press

Total Gym

Eliptical walker

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 - 3 months)

BRACE

Functional ACL Brace

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 3 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