

**ACL with Meniscus Repair
Physical Therapy Protocol
William A. Sanko, MD**

WEEK 1 (out of hospital to 7 days)

1. See Dr. Sanko in office
2. Crutch walking- NWB 4-6 weeks
 - a. 4 weeks small tear
 - b. 6 weeks large tear
3. Open long leg brace at 1 weeks and stop for sleep at 2 weeks
4. Extension equal to other side by 2 weeks
 - a. Heel prop
 - b. Prone hangs
 - c. Hamstring and calf stretches
5. Quad sets
6. Straight leg raises all 4 ways –aiming for 50-100 repetitions
7. Patellar mobilizations
8. Flexion ROM $\leq 90^\circ$ 4-6 weeks
 - a. 4 weeks small tear
 - b. 6 weeks large tear
9. Flexion exercises
 - a. Heel slides, prone flexion, seated flexion at EOB
10. Electrical Stimulation VMS if weak quad or as needed for pain and swelling
11. Supervised therapy 3 times per week

Goals: Decrease swelling

Full leg extension

Quadricep control

Protect graft

WEEK 2 (7-14 days)

1. Continue with above
2. Stitches will be taken out and steristrips will be replaced.
3. Measure for functional brace
4. Add
 - a. Biofeedback if inconsistent quad set
 - b. Theraband 4 way hip and TKE
 - c. Ankle theraband

WEEK 3

1. Continue with above activities
2. Water exercises as appropriate or available

WEEK 4-6 depending on when WB

1. Continue with above activities increasing resistance
2. Add
 - a. Stationary bike for ROM
 - b. Step ups
 - c. Leg Press (0-70)
 - d. Wall squats
 - e. Single leg stance
 - f. Stepper
 - g. BAPS or other advanced balance training
3. Forward and Backward walking on treadmill EMPHYSIZE NORMAL GAIT

WEEK 6

1. Leg curl
2. Brisk walking on treadmill
3. Sidestepping on treadmill

WEEK 12

1. May start Leg extension blocking last 25 degrees
2. If strength 70% or greater and okay with Physician start
 - a. Forward and backward running
 - b. Figure 8
 - c. Lateral shuffles
3. If patient has no swelling and is able to run without a limp, progress to:
 - a. Cariocas
 - b. Sport specific drills
 - c. Hops
 - d. Jumps, jump ropeALL WITH BRACE ON
NO SUDDEN STARTS/STOPS

RETURN TO COMPETITIVE SPORTS WHEN PHYSICIAN APPROVES AND 85-100% STRENGTH

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