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 week 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 ≤ 90° 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  EMPHYSISIZE 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 rope
   ALL WITH BRACE ON
   NO SUDDEN STARTS/STOPS

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

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William A. Sanko, MD

Updated 1-15-19