

## ACL RECONSTRUCTION WITH MENISCAL REPAIR

### Physical Therapy Protocol

---

This protocol is a model for an ACL reconstruction with a moderate sized meniscal tear. Specific variations may be requested by the physician according to the extent and location of the tear.

#### PRE-OP INSTRUCTIONS

Instruct the patient in quadriceps sets, SLRs, ankle pumps, ice and elevation guidelines, gait training, and partial weight bearing with leg in ROM brace locked in extension.

#### POST-OP: WEEKS 1-4

- Brace locked at 0° with ambulation
- Toe touch weight bearing with brace locked at zero degrees
- Gait training
- Quad sets and SLR in all four planes
- Ankle pumps, then progress to TheraBand ankle exercises
- A, AA, PROM zero to 90°
- Biofeedback/electrical stim for quad enhancement
- Soft tissue mobilization for adhesions
- Interferential stimulation for pain and inflammation control
- Patellar mobilization
- No weight bearing with flexed knee position
- No flexion > 90°
- No resisted hamstrings

#### POST-OP: WEEKS 5-9

- Continue with above exercises
- Progress ROM to full
- Progress to WBAT with brace locked at zero degrees
- Discontinue brace after six weeks
- Begin stationary bicycle as ROM allows
- Submaximal isometric hamstring/quad co-contraction in extension
- Progress in quad/hamstring strengthening exercises
- Wall slides and mini squats
- Calf raises weight-bearing
- Proprioceptive training
- Treadmill walking forward/backward

- Avoid open chain concentric quads
- No resistive hamstrings > 90°

#### POST-OP: WEEKS 10-20

- Continue with above exercises
- Begin 50% submaximal multi-angle quad/hamstring isometrics between zero and 90° of flexion
- Stairmaster
- Isotonic leg press 10-45°, leg curls 0-90° (low resistance, both legs), hip abduction/adduction machine
- Surgical tubing knee flexion 0-60°, hip abduction/adduction, flexion/extension
- Step downs
- No high impacts, no open chain concentric quads
- After week 12, begin jog/run program with 70% quad strength with doctor's approval

#### POST-OP: WEEKS 21-24

- Continue with above exercises
- Progress resistance and ROM with multi angle isometrics and isotonic ex
- Progress with functional closed chain exercises (lunges, sport cord training, mini-tramp jogging, slide board)
- Progress to full Stairmaster workout

#### POST-OP: MONTH 6

- Progress with above exercises
- Begin sport specific skills with doctor's approval

#### POST-OP: MONTH 8

- Continue to progress with full weight training and cardiovascular workout
- Progress in sport specific activities
- Return to full activity when quad strength is within 10% of the uninvolved leg with doctor's approval

#### ADDENDUM

This protocol provides general rehabilitation guidelines following ACL reconstruction with a meniscal repair. It is subject to modification depending on the degree of the lesion, any concomitant injuries, the type and extent of the surgical intervention and other factors. For any further questions, please call our office at (561) 465-8884.