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Hip, Knee, Shoulder, Elbow ■ Cartilage Restoration, Joint Preservation

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## Physical Therapy Protocol – ACL Reconstruction with Meniscus Repair

	Weight Bearing	Brace Use	Range of Motion	Therapy*
<b>Phase I</b> 0-2 weeks	Touch-down weight bearing (TDWB) with crutches.	Locked in extension (may remove for exercises).	Passive flexion 0-90 degrees.  Obtain full extension.	<ul style="list-style-type: none"> <li>• Modalities as needed.</li> <li>• Quad sets, seated hip flexion, patella mobilizations.</li> <li>• Prone hangs, SLR, heel slides.</li> <li>• <b>No active or resisted hamstring activity for 6 weeks.</b></li> </ul>
2-6 weeks	Weight bear as tolerated (WBAT) with crutches.	Progressively open brace to 90 degrees.	Advance to full ROM as tolerated.	<ul style="list-style-type: none"> <li>• Continue above.</li> <li>• <b>No weightbearing with knee flexed greater than 90 degrees.</b></li> </ul>
<b>Phase II</b> 6 – 12 weeks	Discontinue crutches when walks with normal gait.  Full weight bearing as tolerated (WBAT).	Discontinue brace at 6 weeks.	Maintain full ROM.  Okay to weight bear with knee flexed over 90 degrees.	<ul style="list-style-type: none"> <li>• Stationary bike, wall sits, lunges</li> <li>• Balance exercises.</li> <li>• <b>Begin resisted hamstring exercises, gradually increase resistance.</b></li> <li>• Closed chain extension.</li> </ul>
<b>Phase III</b> 12-16 weeks	Full WBAT.	None	Maintain full ROM.	<ul style="list-style-type: none"> <li>• 12 weeks: begin straight ahead running, proprioception exercises</li> </ul>
<b>Phase IV</b> 16-24 weeks	Full WBAT.	None	Maintain full ROM.	<ul style="list-style-type: none"> <li>• 16 weeks: begin jumping, swimming, advance strengthening exercises, leg press, start elliptical.</li> <li>• 20 weeks: sprinting; forward-backwards running, sports specific training, cutting. Sports metrics (plyometrics) advanced jumping and landing program. Advanced strengthening program.</li> <li>• <b>24 weeks: functional sports assessment.</b></li> <li>• <b>6-8 months: return to sport if approved by surgeon.</b></li> </ul>

\*Modalities per therapist including electrical stimulation, ultrasound, heat (before), ice (after).