

**ACL AUTOGRAFT RECONSTRUCTION WITH MENISCUS ROOT REPAIR**  
**PHYSICAL THERAPY PROTOCOL**

Recommend 2-3x/week for 8 weeks  
Please contact office for renewal as needed

Weeks 0-6	<ul style="list-style-type: none"> <li>• Non-weight bearing with crutches, ok for ROM 0-90 degrees</li> <li>• Brace locked at full extension while ambulating and sleeping             <ul style="list-style-type: none"> <li>• May unlock brace from 0-90 when ambulating/sleeping after week 2</li> </ul> </li> <li>• Heel slides, quad sets, patellar mobilization, ankle pumps</li> <li>• Straight leg raises (without brace when able to SLR without extension lag)</li> </ul>
Weeks 7-8	<ul style="list-style-type: none"> <li>• D/c crutches and brace</li> <li>• Normalize gait pattern</li> <li>• Unrestricted ROM, however no weight bearing past 90 degrees of flexion</li> <li>• Mini-squats, weight shifts, initiate step up program</li> <li>• Closed chain knee extension, stationary bike, weight bearing gastroc/soleus stretch</li> <li>• Proprioceptive training</li> <li>• Avoid tibial rotation</li> </ul>
Weeks 9-12	<ul style="list-style-type: none"> <li>• Advance closed chain strengthening and bike exercises</li> <li>• Progressive squat program (weight bearing &gt;90 degrees flexion ok)</li> <li>• Initiate step down program</li> <li>• Leg press and lunges (start initially with body weight only)</li> </ul>
Months 3-4	<ul style="list-style-type: none"> <li>• Begin forward running in straight line (no cutting/pivoting) when 8" stepdown adequate</li> <li>• Progress strengthening and flexibility exercises</li> </ul>
Months 4-6	<ul style="list-style-type: none"> <li>• Start plyometric exercises</li> <li>• Start sports-specific agility program</li> </ul>