

ACL AUTOGRAFT RECONSTRUCTION WITH MENISCUS REPAIR
PHYSICAL THERAPY PROTOCOL

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

Weeks 0-4	<ul style="list-style-type: none"> • WBAT with brace in full extension, d/c crutches when comfortable • Brace locked at full extension while ambulating and sleeping • ROM 0-90 with emphasis on full extension while seated/supine • Heel slides, quad sets, patellar mobilization, ankle pumps • Straight leg raises (without brace when able to SLR without extension lag)
Weeks 5-6	<ul style="list-style-type: none"> • Continue exercises from weeks 0-2 • Unrestricted ROM, however no weight bearing past 90 degrees of flexion • Mini-squats, weight shifts, initiate step up program • Close chain knee extension, stationary bike, weight bearing gastroc/soleus stretch • Proprioceptive training • Avoid tibial rotation
Weeks 7-12	<ul style="list-style-type: none"> • Advance closed chain strengthening and bike exercises • Normalize gait pattern • Progressive squat program • Initiate step down program • Leg press and lunges (start initially with body weight only)
Months 3-4	<ul style="list-style-type: none"> • Begin forward running in straight line (no cutting/pivoting) when 8" stepdown adequate • Progress strengthening and flexibility exercises
Months 4-6	<ul style="list-style-type: none"> • Start plyometric exercises • Start sports-specific agility program