



**Anterior Cruciate Ligament (ACL) Reconstruction With Meniscus Repair
 (Radial/Root) and/or Posterolateral Corner Reconstruction Post-Operative
 Protocol**

Name: _____

Date: _____

Diagnosis: _____

Date of Surgery: _____

Phase I – Maximum Protection

Weeks 0 to 3:

- Brace - locked in full extension during all ambulation for 3 weeks, and during sleep
 - Can unlock brace to allow 0-90 degrees for unloaded range of motion only
- Use two crutches non weight bearing at all times for 6 weeks
- Limit knee flexion to 90-degrees for 3 weeks

Goals

- Reduce inflammation and pain
- 0 degrees of knee extension

Exercise progression

- Emphasize patellofemoral mobilizations
- Passive/active knee range of motion with 90° flexion limit
- Quadriceps setting emphasize VMO function
- Multi-plane straight leg raising
- Open chain hip strengthening
- Gait training

Weeks 3-6:

- Limit knee flexion to 120 degrees

Goals

- Reduce inflammation and pain
- Maintain 0° of knee extension

Phase II – Progressive Stretching and Early Strengthening

Weeks 6 to 8:

- Brace – open to 0-90 degrees for ambulation; do not have to sleep in brace
- Continue using two crutches, with gradual progression of weight-bearing
 - Increase weight bearing to full weight bearing over next 2 weeks

Goals

- Full knee extension/hyperextension
- Gradual progression to full knee flexion
- No swelling
- Normal gait

Exercise progression

- Continue to emphasize patella mobility
- Begin bilateral closed kinetic chain strengthening (limited range initially)
- Step-up progression
- Begin stationary bike with light resistance initially

- Proprioception drills

Phase III – Advanced Strengthening and Proprioception

Weeks 8 to 10:

- Discontinue brace

Goals

- Full knee flexion and extension

Exercise progression

- Avoid rotational movements until 14 weeks
- Begin full gym strengthening program
- Advance stationary biking program (increase intensity)
- Introduce treadmill walking and elliptical trainer
- Begin unilateral closed kinetic chain program
- Gym strengthening progression (leg press above 90-degrees, hamstrings curls etc.)

Weeks 10 to 12:

Exercise progression

- Outdoor biking
- Lung progression (retro, walk and split) as indicated
- Forward/backward elevated treadmill walking

Weeks 12 to 14: Administer preliminary functional test for physician to review

Phase IV – Advance Strengthening and Running Progression

Weeks 12 to 20:

Exercise progression

- Progress resistance with squat and lunge strengthening program
- Begin light plyometric drills; progress from bilateral to unilateral
- Begin linear jogging – week 16
- Progress to lateral and rotational stresses at 18 weeks
- Multidirectional drills at 18-20 weeks

Criteria to progress to Phase V

- Pass return-to-sport test at >90% (involved vs uninvolved limb)
 - See testing protocol

Phase V – Return to Sport

Weeks 20 to 24:

Exercise progression

- Advance ladder, hurdle and plyometric box progressions
- Sport specific field/court drills
- Non-contact drills

Criteria to be released for return to sport

- Follow-up examination with the physician
- Pass return-to-sport functional test at >90% (involved vs uninvolved limb)
 - See testing protocol
- Display symmetry and confidence in high-speed cutting, multiplane plyometric drills, sprinting and decelerating

Comments:

Frequency: _____ times per week

Duration: _____ weeks

Signature: _____

Date: _____