

SEAN ROBINSON, MD

ACL Reconstruction + Meniscus Repair Protocol

Restrictions 0-6 weeks due to meniscus tear:

- TTWB
- Range of motion 0-90 degrees

Phase I: Acute

Goals:

Alleviate acute pain and swelling
Increase ROM 0-90° (emphasize 0° extension)
Increase hamstring and quadriceps strength
Promote comfortable ambulation WBAT with brace and crutches
Patellar Mobilization
Maintain cardiovascular conditioning

Plan: (0-2 weeks)

Patellar mobilization
PROM positioning for knee extension
ROM
Heel/wall slides w/o brace
Hamstring and quadriceps co-contraction
Hamstring and calf stretching
4-Quad (hip flexion, abduction, adduction, extension)
Modalities for pain and edema control

Plan: (2-6 weeks)

Soft tissue/scar mobilization
Prone/standing knee flexion
Proprioceptive training/ balance — BAPS, trampoline
Weight shifting in standing, 0-30° ROM mini squats
EMS co-contraction at VMO and hamstrings'
Theraband ankle exercises - progress to standing as WB dictates
Begin Stairmaster at 4 weeks
General conditioning
Aquatic therapy (when incisions healed) No whip kick

Phase II (6-12 weeks)

Goals:

Decrease swelling and prevent atrophy
Increase ROM -125°
Increase quadriceps and hamstring strength
Increase hip strength
Stimulate collagen healing
Independent ambulation without crutches
Continue general conditioning

Plan:

Continue phase I exercises
Continue patellar mobilization and ROM activities
Continue hamstring and calf stretching

Standing ½ squat
Joint and soft tissue mobilization as needed
Isotonic hamstring NK table
Leg press
Continue closed chain, balance and proprioceptive activities
Continue EMS as needed for muscle re-ed and edema
Step-ups (controlled - forward and side)
*McConnell tapping as necessary)
May begin swimming with modified kick (No “whip kick” or “egg beater kick”)
General conditioning

~

Phase III (12-16 weeks)

Goals:

Full ROM
Continue all goals from Phase II

Plan

Continue phase II exercises and progress as tolerated
Step-Up - side and down
Increase proprioceptive training (sport cord, body blade, plyoballs)
Treadmill as tolerated
Continue Stairmaster
½ wall sits as tolerated

Plan (16-20 weeks)

Light jogging on trampoline
¼ to 1/2 squats (painfree)
Progress with closed chain activity
Isotonic terminal knee extension (30-0°)

Phase IV (20-36 weeks)

Goals:

Development of strength, power and endurance
Begin to prepare for return **to** recreational activity
Begin sport specific training

Plan:

Continue Phase III exercise and conditioning activities
Continue strength training
Initiate running program
Initiate agility drills
Sport specific training and drills
Isokinetic evaluation