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## **ACL RECONSTRUCTION WITH MENISCUS REPAIR**

(Rehabilitative Guidelines)

*Revised June 2018*

### **Post-op Days 1 – 14**

**No HS Ex** Dressing – POD 1: Debulk dressing, TED Hose in place  
– POD 2: Change dressing, keep wound covered, continue  
TED Hose  
– POD 7-10: Sutures out, D/C TED Hose when effusion  
resolved  
Brace – locked in extension for ambulation  
Crutches – PWB in brace (D/C at 6 weeks if gait is WNL)  
Patellar mobilization (teach patient)  
Calf pumping  
PEAF (passive extension-active flexion), heel slides, 0-90 degrees  
AAROM 0-90 degrees  
Stationary bike for ROM – 0-90 degrees  
Passive extension with heel on bolster or prone hangs  
Electrical stimulation in full extension with quad sets and SLR  
Quad sets, Co-contractions quads/hams  
SLR x 4 (parallel bars if poor quad control)  
Double leg heel raises  
Ice pack with knee in full extension after exercise

### **Goals**

Full passive extension  
Flexion to 90 degrees  
Good quad control

### **Weeks 2 – 4**

**No HS Ex** Brace – 0-90 degrees  
Crutches – TTWB

Continue appropriate previous exercises  
Patellar mobilization  
Scar massage when incision healed  
PROM, AAROM, AROM 0-90 degrees only  
SLR x 4 on mat – add light ankle weights if quad control is maintained  
Stretches – HS, AT, Hip Flexors, ITB

### **Goals**

Pain/effusion control  
No extensor lag

### **Weeks 4 – 6**

Brace – 0-90 (D/C at 8 weeks)  
Crutches – PWB  
Continue appropriate previous exercises  
PROM, AAROM, AROM  
Mini squats, weight shifts – in parallel bars  
Total Gym to start closed chain activity  
– Mini squats (level 3-5) – No flexion > 45 degrees  
– Passive flexion to 90 degrees (push up with opposite leg)  
Leg press with light resistance to 0-45 degrees  
Hamstring curls 0-45 – closed chain (carpet drag, rolling stool)  
Stationary bike with seat high for ROM, complete cycle as able  
Pool – walking and jogging (no kicking)

### **Goals**

ROM 0-90 degrees  
No effusion

### **Weeks 6 – 9**

D/C brace at 8 weeks  
Crutches – WBAT, D/C when gait is WNL  
Continue appropriate previous exercises  
PROM, AAROM, AROM – gradually increase motion  
Partial wall squats – No knee flexion past 45 degrees  
Forward, lateral, and retro step downs in parallel bars  
– No knee flexion past 45 degrees

Single leg heel raises  
Proprioceptive training – single leg standing in parallel bars  
– double leg BAPS for weight shift,  
– progress to single leg BAPS, ball toss, and body blade  
Standing SLR x 4 with Theraband bilaterally  
Leg press 0-60 degrees  
Hamstring curls 0-60 – closed chain  
Stationary bike for progressive resistance and time  
Treadmill – backwards and forwards walking  
Elliptical trainer

**Goals**

Full ROM  
Normal gait

**Weeks 9 – 12**

Continue appropriate previous exercises with progressive resistance  
Hamstring curls 0-90 degrees – closed chain  
Leg press 0-90 degrees only  
Functional activities – Fitter, sliding board  
*Continue on next page*

Treadmill – forward walking, approaching 15 min/mile pace  
Begin Gym program

**Goal** – Walk 2 miles at 15 min/mile pace

**Months 3 – 4**

**No squatting  
>90 degrees**

Continue appropriate previous exercises  
Leg press 0-90 degrees  
Full hamstring curls – open/closed chain  
Functional activities – figure 8s, gentle loops, large zigzags  
May begin incorporating open chain strengthening as tolerated  
Treadmill – Begin speed walking to jogging program  
Pool therapy – begin swimming laps

**Goal** – Jog 2 miles at easy pace



### **Months 4 – 6**

Home/gym program  
Full flexion with squatting/leg press  
Continue strengthening, stretching, closed chain, proprioceptive training  
Running progression program  
Agility drills / Plyometrics  
Sit-up progression  
Quad stretches  
Functional test at 6 months to clear for sports and discharge  
– Must have 90% of opposite leg

### **Goals**

Return to all activities  
Pass APFT at 6 months post-op

***No contact sports until 6 months post-op***