

GARRETT COUNTY ORTHOPAEDICS

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ACL Reconstruction with Meniscal Repair

**BRACE X 6 WEEKS- LOCKED IN EXTENSION FOR AMBULATION
PARTIAL WEIGHTBEARING (PWB) X 6 WEEKS**

Post-op days 1-14:

Patellar mobilization (teach patient)
Calf pumping
AAROM 0-90 degrees (passive extension, heel slides with towel assist)
Passive extension with heel on bolster or prone hangs
No active Hamstring exercises
Electrical stimulation in full extension with quad sets and SLR (as needed)
Quad sets
Straight leg raises (SLR) x 4 on mat (in brace if poor quad control)
Stationary bike for range of motion 0-90 degrees
Ice pack with knee in full extension after exercise

Weeks 2 -4:

Continue appropriate previous exercises
Scar massage when incision healed
PROM, AAROM 0-90 degrees only
No active Hamstring exercises
Co-contractions quads / HS
SLR x 4 on mat – Add light ankle weights if quad control is maintained
Double leg heel raises
Stretches – HS, AT, Hip Flexors, ITB

Weeks 4 – 6:

Continue appropriate previous exercises
AAROM, AROM 0-90 degrees only
Weight shifts
Mini squats 0-45 degrees – In parallel bars
Shuttle/ Total Gym (level 3-5) – Mini squats 0-45 degrees
Leg press 0-45 degrees with light resistance (up to ¼ body weight)
Hamstring curls 0-45 degrees – Carpet drags or rolling stool (closed chain)
Stationary bike– Complete cycle as able

Goals:

ROM 0-90 degrees, no effusion

Weeks 6 – 9:

D/C Brace
Weightbearing as tolerated (WBAT), crutches as needed, D/C when gait is WNL
Continue appropriate previous exercises
PROM, AAROM, AROM – Gradually increase knee motion through full range
Standing SLR x 4 with light Theraband bilaterally
Wall squats 0-45 degrees
Leg press 0-60 degrees with light resistance (up to ½ body weight)
Hamstring curls 0-60 degrees – Carpet drags or rolling stool (closed chain)
Forward, lateral and retro step downs – No knee flexion past 45 degrees (small step)
Single leg heel raises
Proprioceptive training:
-- Single leg standing
-- Double leg BAPS/rocker board for weight shift

Treadmill – Forwards and backwards walking
Stationary bike – Progressive resistance and time
Pool – Walking / running (no kicking)

Goals
Full ROM
Normal gait

Weeks 9 – 12:

Continue appropriate previous exercises with progressive resistance
Wall squats 0-90 degrees
Leg press 0-90 degrees with resistance as tolerated
Hamstring curls 0-90 degrees with light resistance
Forward, lateral and retro step downs (medium to large step)
Hip strengthening x 4 bilaterally
Proprioceptive training – Single leg foam and/or BAPS, ball toss and body blade
Treadmill – Walking progression program
Elliptical trainer
Pool therapy – No swimming laps

Goal – Walk 2 miles at 15 min/mile pace

3 – 4 months:

Continue appropriate previous exercises
No Squatting or Leg press > 90 degrees
Hamstring curls through full range
LAQ with resistance
Short arc quads
Functional activities – Figure 8s, gentle loops, large zigzags
Stairmaster – Small steps
Treadmill – Running progression program if cleared
Pool therapy – Swimming laps

Goal – Run 2 miles at easy pace

4 – 6 months:

Continue appropriate previous exercises
Squatting and Leg press through full range as tolerated
Agility drills / Plyometrics
Sit-up progression
Running progression to track
Quad stretches
Transition to home / gym program

Goals
Return to all activities
No contact sports until 6 months post-op

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