
ACL Reconstruction and Meniscal Repair
Postoperative Protocol
Referral for Rehabilitation Services

Patient Name: _____ Date of Surgery: _____
_____/ Week _____ Weeks

Post Op:

Goals:

Begin:

1. Minimize swelling
2. Minimize quadriceps inhibition
3. Protect graft and meniscal repair
4. Full extension ROM

Exercises:

1. Quad sets, straight leg raises (biofeedback, NMES)
2. Hamstring stretch, calf towel stretch, ankle pumps
3. Patella mobs
4. Prone hip extension
5. ROM: supine extension stretch and sitting knee flexion

Weight bearing:

Weight bearing as tolerated with crutches and a brace locked in full extension

Weeks 1-6

****DO NOT PUSH FLEXION PAST 90 DEGREES FOR THE FIRST SIX WEEKS!**

Goals:

Begin:

1. 90 degrees flexion ROM, full extension
2. Independent quad contraction
3. Ambulation without crutches in full extension with brace

Exercises:

1. Continue with post-op program, add weight to SLR if no extension lag
2. Add bike for ROM, strength, and cardio benefit; pedal as tolerated
3. 4-way hip machine, initiate closed kinetic chain to include toe and heel raises
4. Add prone extension stretch if patient is lacking full extension
5. Continue patella mobs and add scar mobilization

Weight bearing:

Locked in full extension with brace until 6 weeks post-op

Weeks 6-9

Goals:

Begin:

1. ROM 0-120 as tolerated
2. Normal gait pattern
3. Prevent patella femoral pain with exercises

- Exercises:
1. Continue with post-op exercises as home exercise program
 2. Initiate CKC program to include dynamic terminal extension and mini-squats
 3. Initiate isotonic weight machines
 - a. Leg extension 90-30 degrees (BPTB – eccentric x 6 weeks, HS concentric starting at week 3)
 - b. Hamstring curls (start with standing HS curls at week 3 for hamstring graft; progress to weight machine)
 - c. Leg press bilateral and progress to unilateral as tolerated
 4. Initiate proprioceptive program – single leg stance, balance board

Weeks 9-12

Goals:

Begin:

1. Full ROM
2. Swelling < 1-2 cm at midpatella

Exercises:

1. Continue with above program
2. Advance proprioceptive/balance program
3. Add step-ups and lunges to CKC program
5. Add stairmaster for CV conditioning

Weeks 12-16

Goals:

Begin:

1. Quad and hamstring isokinetic difference <30% on side to side comparison

Tests:

1. Isokinetic test at 16 weeks

Exercises:

1. Continue gym program
2. Begin shuttle plyometrics at week 12
3. Begin isokinetic training from 90-30 degrees at week 12 with a progression from fast to slow velocity spectrum
4. May begin swimming at 12 weeks

Weeks 16-26

Goals:

Begin:

comparison

1. KT side to side difference of <3 mm
2. Quad and hamstring isokinetic difference <20% on side to side comparison
3. Functional hop test <15% side to side difference

Test:

- KT 1000 isokinetic, functional hop test at 26 weeks

Exercises:

1. Begin plyometric program
2. Begin running progression on flat surface
3. May begin golf at 16 weeks
4. Initiate sports specific training at 5 months
5. Return to sports at 6 months

I hereby certify these services as medically necessary for the patient's plan of care.

Physician's Signature

Date _____