



ACL RECONSTRUCTION PROTOCOL (+/- Meniscus Repair)

Raj Bazaz, MD

(303) 321-1333 or

Toll free 1-888-900-1333 (outside Denver)

www.western-ortho.com

This protocol is based on goal-oriented progression. Each patient is different and should be treated according to their tolerance in therapy. Please feel free to call with any questions.

Phase I: (0-6 weeks)

Goals:

- Alleviate acute pain and swelling
- Increase ROM 0-90 degrees (emphasize 0 degrees extension). May advance past 90 degrees flexion if no meniscus repair performed.
- Increase hamstring and quadriceps strength
- Promote comfortable ambulation WBAT with brace and crutches
- Maintain cardiovascular conditioning

Plan: (0-2 weeks)

- Patellar mobilization
- PROM positioning for knee extension
- ROM
- Heel/wall slides w/o brace
- ½ revolution non-resisted bike for knee flexion-progress to full revolution when patient reaches 110 degrees
- Hamstring and quadriceps co-contraction
- 4-Quad (hip flexion, abduction, adduction, extension)
- Modalities for pain and edema control

(2-6 weeks)

Plan:

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

Phase II (6-12 weeks)

Goals:

Decrease swelling and prevent atrophy
Increase ROM 0-full flexion
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 as objective findings warrant
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 taping as necessary
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

(16-20 weeks)

Plan:

Light jogging on trampoline
¼ to ½ squats (painfree)
Progress with closed chain activity
Isotonic terminal knee extension (30-0 degrees)

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 exercises and conditioning activities
Continue strength training
Initiate running program
Initiate agility drills
Sport specific training and drills
Isokinetic evaluation (please perform at about 6 months)