

**Patient Name:**

**Patient Phone:**

**Surgery/DOS:**

**Surgeon:**

## **ACL RECONSTRUCTION & MENISCAL REPAIR REHABILITATION PROTOCOL**

### **Phase I (Weeks 0-2)**

- BRACE x 6 weeks, NWB. Locked in extension for ambulation until no lag.
- AAROM: 0-90 degrees x 2 weeks, patella mobs, teach self mobs. Heel on bolster, Prone Hangs.
- **No active hamstrings exercises.**
- SLR/Quad sets, Hip 4-way.
- + Keep incision and sutures dry + Ice, compression, and edema control + No pillow under the knee to rest. Ice with knee in full extension.

### **Phase II (Weeks 2-6)**      **\*\* Goal PROM 0 to 120 by 4 weeks \*\***

- BRACE x 6 weeks, NWB. Locked in extension for ambulation.
- AAROM: Progress flexion, continue patella mobs. Heel on bolster, Prone Hangs
- **No active hamstrings exercises.**
- Co-contraction Quad/HS. SLR x 4. Double leg heel raises. Stretch: HS, AT, Hip Flexors, ITB.
- Stationary bike with seat high for ROM, complete cycle as able.

### **Phase III (Weeks 6-12)**

- ROM: full. Continue maintenance throughout.
- WBAT: Gait training and discontinue brace and crutches.
- Mini-squats, leg press 0-45 degrees.
- Progress to wall squats 0-45, Leg press 0-60. DL bridges. Add HS curls 0-45.
- Week 10: Add reverse lunge static hold, cord exercises.
- TM fwd and backward. Pool PRN. Freestyle swimming may begin Week 10.

### **Phase IV (Weeks 12-20)**

- Add elliptical, balance squats, SL deadlifts, leg press to 90, wall squats to 90, HS curls to 90
- Week 16: add jog to run progression, single plane agility

### **Phase V (Weeks 21+)**

- Multi-directional agility, balance and sports specific training
- Sport specific testing with MD Week 24+

**Comments:**

**Modalities:**

Dry Needling

Cupping

Electrical Stim

Soft tissue mobilization/Manual therapy/Graston

Per treating therapist

**Signature** \_\_\_\_\_ **Date** \_\_\_\_\_