



***ACL RECONSTRUCTION WITH MENISCUS REPAIR
POSTOPERATIVE PROTOCOL***

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ROM:

Week 0-2: AAROM/PROM: start 10-40° increase 10° each day to goal of 0-90 deg

After wk 2: AROM goal of 0-130 deg by wk 6

Brace:

Week 0-2: post-op hinged knee brace: locked at 10° (off for PT, washing *keep sutures dry*)

Week 2-6: post-op hinged knee brace: locked from 0-70° when walking, unlocked at rest, (off for PT, washing)

After wk 6: transition from post-op brace to no brace or hinged knee sleeve (“Playmaker”)

Weight Bearing:

Week 0-4: TDWB (touch-down weight bearing, about 10-15 lbs), 2 weeks with 2 crutches, then 2 weeks with one crutch, in brace

After wk 4: WBAT (weight bearing as tolerated), discontinue crutches, in brace through wk 6

Exercise:

Week 0-2: ankle pumps, quad sets, SLR, patellar mobilizations, standing hamstring curls (only if not painful)

Week 2-6: stationary bike (low resist), hamstring curls, progressive quad resistance (shuttle), 4-way hip exercises

Week 6-12: increase resistance exercises, calf raises, swimming (no whip-kick), biking

Week 12-16: leg press, half-squats, agility training, half-speed jogging (level surface)

Month 4-6: jogging, biking, swimming, light tennis and golf, increase agility drills

Month 6-9: return to full activities and contact sports

If you have any questions, please contact our clinic.