

ACL Reconstruction with Meniscus Repair

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| <p>Phase 1: Wk 0-4 post op</p> <ul style="list-style-type: none"> ▪ WB 25-50% in brace for 4 weeks ▪ Cryocuff daily for 6-8 hrs for the first 2 to 4 weeks ▪ NO knee flexion past 90 degrees ▪ IF lack of ROM pre-op then may be in CPM 8 hrs a day post op | <p>Brace</p> <ul style="list-style-type: none"> ▪ Hinged knee brace locked at 0 degrees when WB and sleeping (can sleep without brace at week 3) ▪ Unlocked 0-45 at 2 weeks and progress to 0-90 when sitting if quad control present | <p>Strength Focus</p> <ul style="list-style-type: none"> ▪ Quad firing ▪ Gastroc ▪ Lateral hip ▪ Hamstring (if hamstring graft isometric only for 2 weeks) ▪ NMES as needed for quads | <p>ROM Goals</p> <ul style="list-style-type: none"> □ 0 to 90 by 4 weeks ▪ Assist w/ manual therapy as needed during this time frame |
| <p>Phase 2: Wk 4-6 post op</p> <ul style="list-style-type: none"> ▪ Ice after workouts or school ▪ No PROM past 90° until 6 weeks | <p>Brace</p> <ul style="list-style-type: none"> ▪ Hinged knee brace open for ambulation 0-90° if able to perform SLR x 10 reps without lag and ambulate without antalgia in office | <p>Strength Focus</p> <ul style="list-style-type: none"> ▪ Quads ▪ Gastroc ▪ Lateral hip ▪ Hamstring ▪ Core ▪ PWB work as tolerated at 4 weeks but no squats below 90° | <p>ROM Goals</p> <ul style="list-style-type: none"> □ Start working AROM past 90° |
| <p>Phase 3: Wk 6-8 post op</p> <ul style="list-style-type: none"> ▪ Progress to FWB if not already | <p>Brace</p> <ul style="list-style-type: none"> ▪ Hinged knee brace opened fully | <p>Strength Focus</p> <ul style="list-style-type: none"> ▪ Begin FWB work ▪ Quads ▪ Hamstring ▪ Gastroc ▪ Lateral Hip ▪ Core ▪ No squats below 90° | <p>ROM Goals</p> <ul style="list-style-type: none"> □ ROM to 120 flexion by 8 weeks □ Good hamstring, quad and calf flexibility |
| <p>Phase 4: Wk 8-12 post op</p> <ul style="list-style-type: none"> ▪ No cutting, running, twisting or jumping outside of PT | <p>Brace</p> <ul style="list-style-type: none"> ▪ D/C hinged knee brace if able to perform 10 single leg squats with good form ▪ MD/PT/family decision on ACL bracing | <p>Strength Focus</p> <ul style="list-style-type: none"> ▪ Increase load on all strength work and focus on single leg work bilaterally | <p>ROM Goals</p> <ul style="list-style-type: none"> □ full ROM by 12 weeks □ Good hamstring, quad, and calf flexibility |
| <p>Phase 5: 3-9 months post op</p> <ul style="list-style-type: none"> ▪ Begin return to jogging progression if able to: single leg squat x 1 min, jog in place x 1 min, side step x 1 min, and jog in clinic w/o antalgia ▪ Starting at 4-5 months progress to higher level plyo/speed work and developing more strength/power in quads and hamstrings over this time frame | <p>Brace</p> <ul style="list-style-type: none"> ▪ If indicated, ACL brace for activity outside office ▪ If indicated, wear brace in office when introducing new drills and go without once patient is proficient | <p>Strength Focus</p> <ul style="list-style-type: none"> ▪ Straight line sprints after 4-5 months ▪ Continue agility progression ▪ Heavier load single leg work on both legs ▪ Sportsmetrics jump program progression 3x/week ▪ Lower extremity weight training at school, coordinate with ATC on site | <p>Functional Goals</p> <ul style="list-style-type: none"> □ Return to Participation testing @ 7-9 months to include: <ul style="list-style-type: none"> ▪ Single leg hop test ▪ Triple hop ▪ Cross-over hop ▪ 6m timed hop ▪ Single leg vertical ▪ Quad circumference □ Must pass all tests at >90% to consider return to full sports progression |

Once patient has passed all testing at 90% or better and MD has cleared to return to sports, a steady return to sports progression can begin with partial practice, leading to full practice, leading to full play. Contact sports are typically limited until all criteria are passed and the patient is at least 9 months post op.