

## Post-Operative Rehabilitation Guidelines for ACL Reconstruction with Meniscal Repair (Inside Out)

<b>0-2 Weeks:</b>
<ul style="list-style-type: none"> <li>• TDWB, Brace locked at 0 degrees for ambulation and sleeping</li> <li>• ROM: 0-90° with emphasis on full extension</li> <li>• Patella mobilization</li> <li>• SLR supine with brace locked at 0 degrees, Quad Sets</li> <li>• Ankle Pumps</li> <li>• Short crank (90mm) ergometry</li> </ul>
<b>2-4 Weeks:</b>
<ul style="list-style-type: none"> <li>• Transition to PWBAT ~50% to full WBAT by 4 weeks post op. Brace locked in full extension until post op week 4-6</li> <li>• No weight bearing past 90° for ACL with meniscal repair</li> <li>• ROM: 0-125 degrees (Maintain full extension)</li> <li>• Active knee extension to 40 degrees</li> <li>• Standard (170mm) ergometry (when knee ROM &gt; 115 degrees)</li> </ul>
<b>4-6 Weeks:</b>
<ul style="list-style-type: none"> <li>• Full WBAT leg in extension, brace down 60-90 by 6 weeks anticipate brace removal at that time</li> <li>• Leg Press (80-0 degree arc)</li> <li>• Mini Squats / Weight Shifts</li> <li>• Proprioception training</li> <li>• Initiate Step Up program</li> <li>• Avoid Tibial Rotation until 6 weeks</li> </ul>
<b>6-14 Weeks:</b>
<ul style="list-style-type: none"> <li>• D/C Brace</li> <li>• Progressive Squat program</li> <li>• Initiate Step Down program</li> <li>• Leg Press, Lunges</li> <li>• Isotonic Knee Extensions (90-40 degrees, closed chain preferred)</li> <li>• Agility exercises (sport cord)</li> <li>• Versaclimber/Nordic Track</li> <li>• Retrograde treadmill ambulation</li> </ul>

### 14-22 weeks:

- Begin forward running (treadmill) program when 8" step down satisfactory
- Continue Strengthening & Flexibility program
- Advance Sports-Specific Agility Drills
- Start Plyometric program

### 22 weeks:

- Advance Plyometric program, Return to Sport (MD Directed)
  - \*\*May require Functional Sports Assessment (FSA) 5-6 months post op for clearance to return to sport