

ACL with Meniscal Repair Protocol

PRE-OP:

Instruct patient in quad set, SLR's, ankle pumps, ice and elevation guidelines, gait training.

POST-OP WEEK 1:

- Brace locked at 0 degrees
- Quad set, SLR 4 planes
- Theraband ankle exercises
- Passive flexion to 100 degrees in sitting position, full passive extension with gravity assist
- Biofeedback/electrical stim for quad enhancement
- Soft tissue mobilization
- IFC for pain and inflammation control
- Patellar mobilization

POST-OP WEEK 2:

- Continue as above
- Scar tissue massage
- Submaximal isometric hamstring/quad cocontraction in extension
- Begin Grade I and II mobilization to restore normal arthrokinematics
- SLR's with cuff weight above knee

POST-OP WEEK 3:

- Continue as above
- Emphasize soft tissue mobilization for adhesions
- Continue passive flexion to 100 degrees, maintain full extension

POST-OP WEEK 4:

- Unlock brace as tolerated
- Close chain exercises 0-45 degrees (wall slides, mini squats)
- Progress resistance and ROM with multi angle isometrics

- Begin Calf Raises weight bearing
- Gait training with PWB 2 crutches, gradually progress weight bearing to FWB at 6 weeks
- Begin Stationary Bicycle

POST-OP WEEK 5-6:

- Continue previous treatment
- Begin active assist hamstring curls
- Begin proprioceptive training
- Begin stepper, knee flexion 0-30
- Isotonic leg press 10-45 degrees, leg curls 0-90 degrees (low resistance, both legs), hip abd/add machine
- Surgical tubing knee flexion 0-60 degrees, hip abd/add, flexion/extension
- Surgical tubing mini squats, step downs
- Treadmill walking forward/backward
- Should have minimum of 120 degrees flexion at end of 6 weeks
- D/C Brace at end of 6 weeks

POST-OP WEEKS 7-9:

- Continue previous treatment
- Begin isokinetic quads/hams 90-45 degrees at week 8
- Progress active/resistive knee flexion
- Arthrokinematis should be normal at this time
- Progress with proprioceptive training

POST-OP WEEKS 9-12:

- Continue to progress above treatment
- Full Biodex workout, ROM as tolerated
- Progress with functional CKC exercise i.e. lunges sport cord training, mini tramp, jogging, slide board, progress to full Stairmaster workout

POST-OP WEEKS 13-16:

- Progress above exercise
- Continue sot tissue mobilization as needed

- Perform KT 1000, Biodex test at 16 weeks
- Begin jog/run program with 70% quad strength
- Begin sport specific skills

POST-OP WEEKS 17-24:

- Continue to progress with full weight training and cardiovascular workout
- Progress sport specific activities
- KT 1000, Biodex test at 6 months
- Return to full activity when quad strength within 10% of uninvolved leg