



## ACL AUTO/ALLOGRAFT RECONSTRUCTION WITH MENISCUS ROOT REPAIR PROTOCOL

Name: \_\_\_\_\_

Diagnosis: \_\_\_\_\_

Date of Surgery: \_\_\_\_\_

Frequency: 1 2 3 4 times / week      Duration: 1 2 3 4 5 6 Weeks

\_\_\_\_ Weeks 0-6:

- Non weight bearing with crutches
- Brace locked at full extension while ambulating and sleeping
  - May unlock brace from 0-90 when ambulating/sleeping after week 2
- PROM/AAROM/AROM 0-90 at rest with emphasis on full extension (non-weight bearing)
- Heel slides, quad sets, patellar mobs, ankle pumps
- Straight leg raises (without brace when able to SLR without extension lag)

\_\_\_\_ Weeks 7-8:

- D/c crutches and brace
- Normalize gait pattern
- Unrestricted ROM, however no weight bearing past 90 degrees flexion
- Mini-squats, weight shifts, initiate step up program
- Closed chain knee extension, stationary bike, weight bearing gastroc/soleus stretch
- Proprioceptive training
- Avoid tibial rotation

\_\_\_\_ Weeks 9-12:

- Advance closed chain strengthening and bike exercises
- Progressive squat program (weight bearing >90 degrees flexion ok)
- Initiate step down program
- Leg press and lunges (start initially with body weight only)

\_\_\_\_ Months 3-4:

- Begin forward running in straight line (no cutting/pivoting) when 8" stepdown adequate

Signature \_\_\_\_\_ Date: \_\_\_\_\_

- Progress strengthening and flexibility exercises

\_\_\_\_ Months 4-6:

- Start plyometric exercises
- Start sports specific agility program

Signature \_\_\_\_\_

Date: \_\_\_\_\_

Signature \_\_\_\_\_ Date: \_\_\_\_\_