

Physical Therapy Protocol ACL Reconstruction with Meniscus Repair

Recommendation: PT/OT visits 2-3x/week for 8-12 weeks then 1x/week for 4-6 months

Week 0-2

- No weight bearing
- Brace on at all times (except to shower), unlocked from 0-60 degrees flexion
- Quad activation, ankle pumps, straight leg raise
- Passive ROM from 0-60

Week 2-6

- Toe touch weight bearing
- Brace on at all times (except to shower), unlocked from 0-90 degrees flexion
- Quad activation, ankle pumps, straight leg raise
- Goal for 90 degrees of flexion by 6 weeks

Week 6-12

- Wean out of brace when able to do a straight leg raise
- Full knee ROM, no limitations
- Soft tissue mobilization
- Closed chain exercises, no open chain exercises
- Progress towards home program

Week 12-24

- Home exercise program
- Resistance and strength training
- Closed chain exercises
- Isokinetic quadriceps training

Week >24

- Begin sport specific training
- Begin running program when able to do a single leg squat
- Goal for return to sport between 9-12 months