



**Lisa Kaplin, DO**

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

### Weeks 0-2:

- TDWB, Brace locked at 0 degrees for ambulation and sleeping
- ROM: 0-90° with emphasis on full extension
- Patella mobilization
- SLR supine with brace locked at 0 degrees, Quad Sets
- Ankle Pumps
- Short crank (90mm) ergometry

### Weeks 2-6:

- Transition to PWBAT ~50% to full WBAT by 6-8 weeks post op.
- Brace locked in full extension until post op week 6
- No weight bearing past 90°
- ROM: 0-90 degrees (Maintain full extension)
- Active knee extension to 40 degrees
- Standard (170mm) ergometry (when knee ROM > 115 degrees)
- \*\* Encourage equal force distribution early in rehabilitation through integration of double-limb tasks that progressively load the knee in the sagittal plane to avoid persistent underloading after ACLR.**

### Week 6-8:

**\*IF BY 8 WEEKS DO NOT HAVE FULL ROM START DISCUSSING LYSIS OF ADHESION/MANIPULATION AT 12 WEEKS**

- Full WBAT leg in extension, brace down 60-90 by 8 weeks anticipate brace removal at that time
  - ROM 0-125 degrees, continue to focus on full extension, wean out of brace at end of this period
- Leg Press (80-0 degree arc)
- Mini Squats / Weight Shifts
- Proprioception training
- Initiate Step Up program
  - Avoid Tibial Rotation until 6 weeks
  - May begin driving once brace is off, usually at 6 weeks.

### Weeks 8-14:

**\*MUST HAVE FULL ROM!!!**

- Progressive Squat program
- Initiate Step Down program
- Leg Press, Lunges
- Isotonic Knee Extensions (90-40 degrees, closed chain preferred)
- Agility exercises (sport cord)



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- Versaclimber/Nordic Track
- Retrograde treadmill ambulation

Weeks 14-22

- 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