

## ACL Reconstruction with Meniscus Repair

### Outpatient Protocol/Guidelines

The surgeon must specify on the referral any specific requests or deviations that fall outside the scope of this protocol, including if *deceleration* of these time frames is desired.

Phase I (0-4 weeks)	Phase II (4-8 weeks)	Phase III (Weeks 8 - 12)	Phase IV (Weeks 12 - 16)
<p style="text-align: center;"><b>PRECAUTIONS</b></p> <ul style="list-style-type: none"> <li>• No pool activity</li> <li>• No knee flex &gt; 90° passively</li> <li>• No knee flexion &gt; 45° in weightbearing</li> </ul> <p style="text-align: center;"><b>GAIT TRAINING</b></p> <ul style="list-style-type: none"> <li>• Crutches and WBAT</li> <li>• Wean from brace after 6 weeks</li> <li>• Wean from crutches by POD 14 after: <ul style="list-style-type: none"> <li><input type="checkbox"/> Heel - toe gait (Ø limp)</li> <li><input type="checkbox"/> Proper swing through</li> <li><input type="checkbox"/> Quad control - Ø lag on SLR</li> </ul> </li> </ul> <p style="text-align: center;"><b>EXERCISES</b></p> <ul style="list-style-type: none"> <li>• AAROM knee flexion with over-pressure</li> <li>• Stationary biking, partial range rocking</li> <li>• Passive extension stretching</li> <li>• Patellar mobs</li> <li>• Ankle pumps</li> <li>• Quad sets</li> <li>• Multiplanar SLR</li> <li>• Calf raises</li> <li>• Hamstring bridge</li> <li>• TKE with band</li> <li>• NMES as needed</li> </ul> <p><b>CRITERIA</b> to advance....</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Meets above criteria for gait</li> <li><input type="checkbox"/> SLR without lag</li> <li><input type="checkbox"/> If lacking full extension by 2 weeks, low load long duration stretch</li> <li><input type="checkbox"/> ROM <ul style="list-style-type: none"> <li>Extension: 0°</li> <li>Flexion: 90°</li> </ul> </li> </ul>	<p style="text-align: center;"><b>PRECAUTIONS</b></p> <ul style="list-style-type: none"> <li>• No running or cutting activities</li> <li>• No knee flexion &gt; 90° in weightbearing</li> </ul> <p style="text-align: center;"><b>GAIT TRAINING</b></p> <ul style="list-style-type: none"> <li>• Crutches until gait normalizes</li> <li>• WBAT</li> <li>• Wean from brace after 6 weeks</li> </ul> <p style="text-align: center;"><b>EXERCISES</b></p> <ul style="list-style-type: none"> <li>• Leg press (double/single)</li> <li>• Forward and Lateral Step ups</li> <li>• Knee extension (90-60 only)</li> <li>• CKC hip strengthening</li> <li>• Progress proprioceptive activities</li> <li>• Wall slides and steps ups within ROM 0-60°</li> <li>• 6 weeks: Slowly add hamstring strengthening</li> </ul> <p><b>CRITERIA</b> to advance....</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Normal gait mechanics</li> <li><input type="checkbox"/> Effusion managed</li> <li><input type="checkbox"/> ROM <ul style="list-style-type: none"> <li>Flexion: &gt;120°</li> </ul> </li> </ul>	<p style="text-align: center;"><b>PRECAUTIONS</b></p> <ul style="list-style-type: none"> <li>• Watch for patellofemoral pain</li> </ul> <p style="text-align: center;"><b>GAIT TRAINING</b></p> <ul style="list-style-type: none"> <li>• FWB and no brace</li> </ul> <p style="text-align: center;"><b>EXERCISES</b></p> <ul style="list-style-type: none"> <li>• Advance CKC strengthening single leg without dynamic valgus</li> <li>• Step downs</li> <li>• Lunges</li> </ul> <p><b>CRITERIA</b> to advance....</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Negotiate stairs normally</li> <li><input type="checkbox"/> Restore limb confidence</li> <li><input type="checkbox"/> ROM <ul style="list-style-type: none"> <li>Full extension</li> <li>Flexion within 10° of uninvolved side</li> </ul> </li> </ul>	<p style="text-align: center;"><b>PRECAUTIONS</b></p> <ul style="list-style-type: none"> <li>• No jumping, cutting, or sprinting until cleared</li> </ul> <p style="text-align: center;"><b>EXERCISES</b> <b>12-16 weeks</b></p> <ul style="list-style-type: none"> <li>• Running: initiate walk-jog program</li> <li>• Jumping: double progress to single leg</li> <li>• High level strengthening: single leg on unstable surfaces without dynamic valgus</li> </ul> <p style="text-align: center;"><b>16+ weeks</b></p> <ul style="list-style-type: none"> <li>• Agility drills/plyometrics without dynamic valgus</li> <li>• Sports specific activities</li> <li>• &gt;90% of limb symmetry on Functional Testing</li> </ul> <p><b>CRITERIA</b> to advance....</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Return to sport or heavy work cleared by MD</li> </ul>

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### REFERENCES

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