ACL RECONSTRUCTION WITH MENISCUS REPAIR

Revised August 2008

Post-op Days 1 – 14

Dressing – POD 1: Debulk dressing, TED Hose in place
    – POD 2: Change dressing, keep wound covered, continue TED Hose
    – POD 7-10: Sutures out, D/C TED Hose when effusion resolved
Brace x 6 weeks – Locked in extension for ambulation
Crutches – Partial weight bearing (PWB) in brace
Patellar mobilization (teach patient)
Calf pumping
AAROM 0-90 degrees (passive extension, heel slides with towel assist)
Passive extension with heel on bolster or prone hangs

No active Hamstring exercises
Electrical stimulation in full extension with quad sets and SLR
Quad sets
Straight leg raise (SLR) x 4 on mat (in brace if poor quad control)
Stationary bike for range of motion 0-90 degrees
Ice pack with knee in full extension after exercise

Goals

Full passive extension
Flexion to 90 degrees
Good quad control

Weeks 2 – 4

Brace x 6 weeks – Open to 0-90 degrees
Crutches – PWB in brace
Continue appropriate previous exercises
Scar massage when incision healed
PROM, AAROM 0-90 degrees only

No active Hamstring exercises
Co-contractions quads / HS
SLR x 4 on mat – Add light ankle weights if quad control is maintained
Double leg heel raises
Stretches – HS, AT, Hip Flexors, ITB

Goals

Pain/effusion control
No extensor lag
Weeks 4 – 6

- Brace x 6 weeks – Open to 0-90 degrees
- Crutches – PWB in brace
- Continue appropriate previous exercises
- AAROM, AROM 0-90 degrees only
- Weight shifts
- Mini squats 0-45 degrees – In parallel bars
- Total Gym (level 3-5) – Mini squats 0-45 degrees
- Leg press 0-45 degrees with light resistance (up to ¼ body weight)
- Hamstring curls 0-45 degrees – Carpet drags or rolling stool (closed chain)
- Stationary bike with seat high for ROM – Complete cycle as able

Goals

- ROM 0-90 degrees
- No effusion

Weeks 6 – 9

D/C Brace
- Crutches – weight bearing as tolerated (WBAT), D/C when gait is WNL
- Continue appropriate previous exercises
- PROM, AAROM, AROM – Gradually increase motion through full range
- Standing SLR x 4 with light Theraband bilaterally
- Wall squats 0-45 degrees
- Leg press 0-60 degrees with light resistance (up to ½ body weight)
- Hamstring curls 0-60 degrees – Carpet drags or rolling stool (closed chain)
- Forward, lateral and retro step downs in parallel bars
  - No knee flexion past 45 degrees (small step)
- Single leg heel raises
- Proprioceptive training – Single leg standing in parallel bars
  - Double leg BAPS for weight shift
- Treadmill – Forwards and backwards walking
- Stationary bike – Progressive resistance and time
- Pool – Walking / running (no kicking)

Goals

- Full ROM
- Normal gait

Weeks 9 – 12

Continue appropriate previous exercises with progressive resistance
- Wall squats 0-90 degrees
- Leg press 0-90 degrees with resistance as tolerated
- Hamstring curls 0-90 degrees on weight machine with light resistance
- Forward, lateral and retro step downs (medium to large step)

Continued on following page
Hip weight machine x 4 bilaterally
Proprioceptive training – Single leg BAPS, ball toss and body blade
  – Grid exercises
Fitter
Slide board
Treadmill – Walking progression program
Elliptical trainer
Pool therapy – No swimming laps

**Goal** – Walk 2 miles at 15 min/mile pace

**Months 3 – 4**

Isokinetic testing at 180 and 300 degrees/sec – Must have 80% of opposite leg to clear for straight line running
Continue appropriate previous exercises

**No Squatting or Leg press > 90 degrees**
Hamstring curls on weight machine through full range
Knee extension weight machine
Short arc quads
Functional activities – Figure 8s, gentle loops, large zigzags
Stairmaster – Small steps
Treadmill – Running progression program if cleared
Pool therapy – Swimming laps

**Goal** – Run 2 miles at easy pace

**Months 4 – 6**

Repeat Isokinetic testing as needed
Continue appropriate previous exercises
Squatting and Leg press through full range as tolerated
Agility drills / Plyometrics
Sit-up progression
Running progression to track
Quad stretches
Transition to home / gym program

**Goals**

Return to all activities
Pass APFT at 6 months post-op

*No contact sports until 6 months post-op*

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Knee Post Op Phase 1
Perform exercises below frequently: 30 reps 3-5x a day

Quad Isometrics

Heel Slides

Active Assisted Motion

Ice Position  15 minutes 2-3 x per day

Appointments?? Questions??
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