



PHYSICAL THERAPY SECTION
WILLIAM BEAUMONT ARMY MEDICAL CENTER
5005 N. PIEDRAS ST
EL PASO, TEXAS 79920



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
– Passive flexion to 90 degrees (push up with opposite leg)
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)
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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

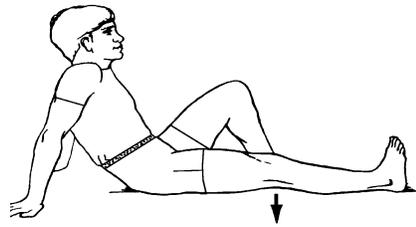
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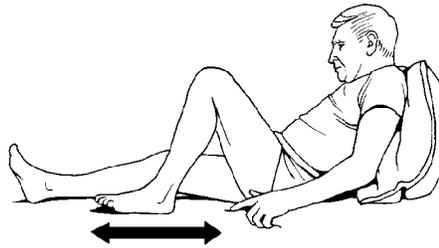
**Physical Therapy Clinic
William Beaumont Army Medical Center
El Paso, TX 79920**

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

Quad Isometrics



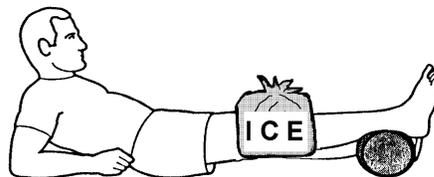
Heel Slides



Active Assisted Motion



Ice Position 15 minutes 2-3 x per day



Appointments?? Questions??

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