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ACL Reconstruction with Autograft with Meniscus Repair

Date of Surgery: _____

Weight Bearing
☐NWB x _____ wks
☐TDWB x _____wks
☐PWB ___% x _____wks
☐WBAT
☐Brace Locked in Ext x ___ wks

ROM
☐Full ROM
☐Locked full ext x ____wks
☐Locked at ____° x ____wks
☐ROM limits
____° to____° x____wks
____° to____° x____wks
____° to____° x____wks
____° to____° x____wks

CPM
☐ ___° to ___° x ____wks
☐30-70° ⇧10°/d @ dir
☐None

☐**Recommended Clinical Guidelines**

WB: TTWB weeks 0-6
WBAT weeks 6+
Brace: Locked in extension weeks 0-2
ROM: None except with CPM weeks 0-2
0-125 weeks 3-6
As tolerated weeks 6+

☐**Precautions**

No open chain hamstring curls until week 8

Weeks 0-2:
- WBAT with brace in full extension, d/c crutches when comfortable
- Brace locked at full extension while ambulating and sleeping
- ROM 0-90 with emphasis on full extension
- Heel slides, quad sets, patellar mobs, ankle pumps
- Straight leg raises (without brace when able to SLR without extension lag)

Weeks 3-6:
- Continue exercises from weeks 0-2
- Unrestricted ROM, however no weight bearing past 90 degrees flexion
- D/c brace when patient has no extension lag and quad control enough for stable ambulation
- Mini-squats, weight shifts, initiate step up program
- Closed chain knee extension, stationary bike, weight bearing gastroc/soleus stretch
- Proprioceptive training
- Avoid tibial rotation

Weeks 7-12:
- Advance closed chain strengthening and bike exercises
- Normalize gait pattern
- Progressive squat program
- Initiate step down program
- Leg press and lunges (start initially with body weight only)

Months 3-4:
- Begin forward running in straight line (no cutting/pivoting) when 8” stepdown adequate
- Progress strengthening and flexibility exercises

Months 4-6:
- Start plyometric exercises
- Start sports specific agility program
- Return to sports anticipated at 6 months following surgery