

Rehabilitation Protocol: Combined Anterior Cruciate Ligament (ACL) Reconstruction and Meniscal Repair

Name:	Date:
Diagnosis:	Date of Surgery:
 Hinged Knee Brace: Locked in full of Range of Motion: No flexion greater Therapeutic Exercises No deep bends for first 4 mon Quad/Hamstring sets Heel slides Non-weightbearing stretch of 	nths
extension lag	race use when patient has achieved full extension with no evidence of extension – work on progressive knee flexion nths ises
Phase III (Weeks 6-16) Weightbearing: Full weightbearing Range of Motion: Full/Painless ROM Therapeutic Exercises No deep bends for first 4 more Advance closed chain strengt Begin use of the Stairmaster/ Can Start Straight Ahead Ru	nths hening exercises, proprioception activities 'Elliptical
 Phase IV (Months 4-6) Gradual return to athletic activity as Maintenance program for strength and Comments:	tolerated nd endurance
Frequency: times per week	Duration: weeks
Signature:	Date:



Rehabilitation Protocol: Anterior Cruciate Ligament (ACL) Reconstruction with Allograft (Achilles, tibialis anterior, or bone-patellar-bone)

Name:		Date:
Diagnosis:		Date of Surgery:
Phase I (W	/eeks ()-4)	
• Hinge • Range • Thera • Phase II (ntbearing: As tolerated will of articular cartilage paid Knee Brace: Locked in full extension for ambulation e of Motion – AAROM → Alapeutic Exercises Quad/Hamstring sets and Non-weightbearing streto	for ambulation and sleeping (Weeks 0-1) and removed while sleeping (Weeks 1-4) ROM as tolerated d heel slides ch of the Gastroc/Soleus race in full extension until quad strength prevents extension lag
 Hinge extens Range Thera O O<td>d Knee Brace: Discontinution lag of Motion – Maintain full peutic Exercises Closed chain extension ex Hamstring curls Toe raises Balance exercises</td><td>te brace use when patient has achieved full extension with no evidence of knee extension – work on progressive knee flexion kercises</td>	d Knee Brace: Discontinution lag of Motion – Maintain full peutic Exercises Closed chain extension ex Hamstring curls Toe raises Balance exercises	te brace use when patient has achieved full extension with no evidence of knee extension – work on progressive knee flexion kercises
WeighRangeThera	(Months 3-10) Ithearing: Full weightbean of Motion – Full/Painless peutic Exercises Advance closed chain stre Begin use of the Stairmas Can Start Straight Aheae	ROM engthening exercises, proprioception activities ter/Elliptical
Comments:	Months 10-12) Continue with strengthen Begin cutting exercises ar Maintenance program for Return to sports at 10 m	strength and endurance nonths
	umes per week	Duration: weeks Date: