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Post-Operative Rehabilitation Guidelines/Rehab Protocol
ACL Reconstruction with **Meniscus Root Repair**

0-4 Weeks:

- NWB, Brace locked at 0 degrees for ambulation and sleeping
- ROM: 0-90°, with emphasis on full extension
- Patella mobilization
- SLR supine with brace locked at 0 degrees, Quad Sets
- Ankle Pumps
- Short crank (90mm) Ergometry

4-6 Weeks:

- Remains NWB with brace locked in full extension during ambulation
- ROM: 0-125 degrees (Maintain full extension)
- Continue patellar mobilization, SLRs, ankle pumps

6-14 Weeks:

- Begin TTWB, and progress to 50% WB and WBAT by 8 weeks as tolerated by patient
- Wean from crutches, anticipate discontinuation of brace around 8 weeks on able to WBAT with quadriceps control
- Progressive Squat program
- Initiate Step-Down program
- Leg Press, Lunges
- Isotonic Knee Extensions (90-40 degrees, closed chain preferred)
- Agility exercises (sport cord)
- Versaclimber/Nordic Track
- Retrograde treadmill ambulation

14-22 Weeks:

- Begin forward running (treadmill) program when 8" step down satisfactory
- Continue Strengthening & Flexibility program
- Advance Sports-Specific Agility Drills
- Start Plyometric program

> 22 Weeks:

- Advance Plyometric program, Return to Sport (MD Directed)
- **May require Functional Sports Assessment (FSA) 5-6 months post op for clearance to return to sport