



# Orthopaedic Associates of Zanesville

## Post Operative Physical Therapy Guidelines

### ACL Reconstruction with Meniscal Repair (Inside Out)

*The intent of this protocol is to provide the clinician with a general guideline of the post-operative course of the patient that has undergone the above stated procedure. It is by no means intended to substitute for one's clinical decision making regarding the progression of a patient's post-operative course based on their physical exam findings, individual progress, and/or the presence of possible post-operative complications. If a clinician requires assistance in the progression, please contact the referring surgeon's office.*

Dr Brautigan, MD	Dr Burka, DO
<p><b>0-2 Weeks</b></p> <ul style="list-style-type: none"> <li>• TTWB, brace locked at 0° for ambulation and sleeping, unlocked for rehab</li> <li>• ROM: 0-90° with emphasis on full extension</li> <li>• Patella mobilization</li> <li>• SLR supine with brace locked at 0 degrees, VMO adduction</li> <li>• Quad Sets, heel slides, ankle pumps</li> <li>• Short crank (90mm) ergometry</li> </ul> <p><b>2-4 Weeks:</b></p> <ul style="list-style-type: none"> <li>• Transition to PWBAT ~50% to full WBAT by 4 weeks post op.</li> <li>• Brace locked in full extension until post op week 4-6</li> <li>• No weight bearing past 90° for ACL with meniscal repair</li> <li>• ROM: 0-125° (Maintain full extension)</li> <li>• Active knee extension to 40°</li> <li>• Standard (170mm) ergometry (when knee ROM &gt; 115°)</li> </ul> <p><b>4-6 Weeks:</b></p> <ul style="list-style-type: none"> <li>• Full WBAT leg in extension, brace down 60-90° by 6 weeks anticipate brace removal at that time</li> <li>• Leg Press (80-0° arc)</li> <li>• Mini squats / weight shifts</li> <li>• Proprioception training</li> <li>• Initiate step up program</li> <li>• Avoid tibial rotation until 6 weeks</li> </ul> <p><b>6-14 Weeks:</b></p> <ul style="list-style-type: none"> <li>• D/C Brace</li> <li>• Progressive squat program</li> <li>• Initiate step-down program</li> <li>• Leg press, lunges</li> <li>• Isotonic knee extensions (90-40 degrees, closed chain preferred)</li> <li>• Agility exercises (sport cord)</li> <li>• Versa climber/Nordic Track</li> <li>• Retrograde treadmill ambulation</li> </ul> <p><b>14-22 weeks:</b></p> <ul style="list-style-type: none"> <li>• Begin forward running (treadmill) program when 8" step down satisfactory</li> <li>• Continue Strengthening &amp; Flexibility program</li> <li>• Advance Sports-Specific Agility Drills</li> <li>• Start Plyometric program</li> </ul> <p><b>&gt;22 weeks:</b></p> <ul style="list-style-type: none"> <li>• Advance Plyometric program, Return to Sport (MD Directed)</li> </ul>	<p><b>0-4 Weeks</b></p> <ul style="list-style-type: none"> <li>• TTWB, brace locked at 0° for ambulation and sleeping, unlocked for rehab</li> <li>• ROM: 0-90° with emphasis on full extension</li> <li>• Patella mobilization</li> <li>• SLR supine with brace locked at 0 degrees, VMO adduction</li> <li>• Quad Sets, heel slides, ankle pumps</li> <li>• Short crank (90mm) ergometry</li> </ul> <p><b>4-6 Weeks:</b></p> <ul style="list-style-type: none"> <li>• Transition to PWBAT ~50% to full WBAT by 6 weeks post op.</li> <li>• Brace locked in full extension until post op week 4-6</li> <li>• No weight bearing past 90° for ACL with meniscal repair</li> <li>• ROM: 0-125° (Maintain full extension)</li> <li>• Active knee extension to 40°</li> <li>• Standard (170mm) ergometry (when knee ROM &gt; 115°)</li> </ul> <p><b>6-8 Weeks:</b></p> <ul style="list-style-type: none"> <li>• Full WBAT leg in extension, brace down 60-90° by 8 weeks anticipate brace removal at that time</li> <li>• Leg Press (80-0° arc)</li> <li>• Mini squats / weight shifts</li> <li>• Proprioception training</li> <li>• Initiate step up program</li> <li>• Avoid tibial rotation until 6 weeks</li> </ul> <p><b>8-14 Weeks:</b></p> <ul style="list-style-type: none"> <li>• D/C Brace</li> <li>• Progressive squat program</li> <li>• Initiate step-down program</li> <li>• Leg press, lunges</li> <li>• Isotonic knee extensions (90-40 degrees, closed chain preferred)</li> <li>• Agility exercises (sport cord)</li> <li>• Versa climber/Nordic Track</li> <li>• Retrograde treadmill ambulation</li> </ul> <p><b>14-22 weeks:</b></p> <ul style="list-style-type: none"> <li>• Begin forward running (treadmill) program when 8" step down satisfactory</li> <li>• Continue Strengthening &amp; Flexibility program</li> <li>• Advance Sports-Specific Agility Drills</li> <li>• Start Plyometric program</li> </ul> <p><b>&gt;22 weeks:</b></p> <ul style="list-style-type: none"> <li>• Advance Plyometric program, Return to Sport (MD Directed)</li> </ul>

\*\*\*May require Functional Sports Assessment (FSA) 5-6 months post op for clearance to return to sport