



TENNESSEE ORTHOPAEDIC ALLIANCE

ACL Reconstruction with Meniscus Repair

Phase 1 – Motion and Mobility/Graft Protection

Weeks 0-4:

- Patellar tendon and patellar complex mobilization emphasized for at least the first 6-8 weeks
- TDWB, Brace locked at 0 degrees for ambulation and sleeping
- ROM: 0-90 deg with emphasis on symmetric hyperextension for 4 wks; advance as tolerated
- Brace: locked in extension (wks 0-4); then unlock 0-90 if pt demonstrates good quad control
- Quad sets and SLR with brace locked at 0 degrees (with NMES, biofeedback)

Weeks 5-6:

- Begin WBAT, no weightbearing past 90 degrees
- ROM: 0-125 degrees
- Active knee extension to 40 degrees; leg press 80-0 degree arc
- Mini squats / weight shifts
- Open-chain hip strengthening
- Bike for motion starting at 4 weeks
- Double-leg shuttle leg press for muscle activation no earlier than 4 weeks (0-60 deg)
- Proprioception training

Phase 2 – Endurance

Weeks 7-12:

- Full weight bearing including past 90 degrees; DC crutches when gait is non-antalgic
- Ensure full knee extension is maintained prior to and during progression of CKC activities
- Closed-chain progression (+/- including squat, lunge, step-up, bridge)
- Progress from double leg to single leg; from stable to unstable surfaces
- Balance progression
- Bike for cardiovascular fitness/quad
- endurance Gradual initiation of frontal plane
- ROM: Should achieve full ROM

LUCAS G. TESKE, M.D.

141 Hillcrest Drive | Clarksville, TN 37043 | Phone: 931.552.4340 | Fax : 931.552.0999

www.TOA.com



TOA

TENNESSEE ORTHOPAEDIC ALLIANCE

Phase 3 – Strength

Weeks 13-20:

- Increase sets/duration of closed-chain strengthening in varied proprioceptive environments
- Initiate squat jump progression from shuttle to gravity dependent position
- Advance plyometrics from bilateral to unilateral as pt demonstrates knee control
- Emphasize deceleration and eccentric control
- * Pass sport cord test around 5 months to allow advanced agility progression to begin
- * No loaded deep knee flexion for at least 4-6 months

Phase 4 – Agility, Power, Return to Sport

- Sport-specific movement patterns practiced in supervised and controlled environment Graded re-integration into sport activities

Return to Activities

Running	5-6 months
Golf	Short irons at 5 mos, full swing w/long irons at 6 mos. Delay 4-6 wks if lead leg
Pivoting/cutting sport	When functional criteria are met and cleared by surgeon, typically 9 months at the earliest

LUCAS G. TESKE, M.D.

141 Hillcrest Drive | Clarksville, TN 37043 | Phone: 931.552.4340 | Fax : 931.552.0999

www.TOA.com   