

## **ACL Reconstruction with Meniscal Repair Physical Therapy Protocol/Prescription**

**Name:** \_\_\_\_\_**Date:** \_\_\_\_\_**Diagnosis:** \_\_\_\_\_**Date of Surgery :** \_\_\_\_\_**WEEK 1-2:**

- Ambulate TTWB in Bledsoe Brace locked @ 0° in Full Extension for first 4 weeks
  - Crutches for at least 4 weeks
  - Limit Range of Motion in weeks 1-2 from 0° to 70°
  - Range of Motion Active / Active-Assisted / Passive
- Quadriceps and Hamstring stretching
- Quadriceps Strengthening V.M.O. Strengthening
  - Full Arc 0-30° Arc
  - Begin Straight Leg Raises (Knee at 0° in Full Extension)
  - Electrical Stimulation for Quadriceps

**WEEK 3-4:**

- Range of Motion in weeks 3-4 increase 0° to 90°
- WBAT with brace locked in extension until week 6
- May Begin Exercise Bike, Closed Kinetic Chain Exercises

**WEEK 5-6:**

- Range of Motion in weeks 5-6 increase to Full ROM
- Wean out of Brace @ 6 weeks
- Switch to standard ACL rehabilitation protocol after 6 weeks

**Comments:****Frequency:** \_\_\_\_\_ **times per week****Duration:** \_\_\_\_\_ **weeks****Signature:** \_\_\_\_\_**Date:** \_\_\_\_\_