



## PHYSICAL THERAPY SECTION

### ACL RECONSTRUCTION WITH MENISCUS REPAIR

*Revised November 2016*

*Adapted from William Beaumont Army Medical Center*

#### **Post-op Days 1 – 14**

Dressing – POD 1: Debulk dressing, TED Hose in place  
– POD 2: Change dressing, keep wound covered, continue TED Hose  
– POD 7-10: Sutures out, D/C TED Hose when effusion resolved  
Brace x 6 weeks – Locked in extension for ambulation  
Crutches – Partial weight bearing (PWB) in brace  
Patellar mobilization (teach patient)  
Calf pumping  
AAROM 0-90 degrees (passive extension, heel slides with towel assist)  
Passive extension with heel on bolster or prone hangs  
**No active Hamstring exercises**  
Electrical stimulation in full extension with quad sets and SLR  
Quad sets  
Straight leg raise (SLR) x 4 on mat (in brace if poor quad control)  
Stationary bike for range of motion 0-90 degrees  
Ice pack with knee in full extension after exercise

#### **Goals**

Full passive extension  
Flexion to 90 degrees  
Good quad control

#### **Weeks 2 – 4**

Brace x 6 weeks – Open to 0-90 degrees  
Crutches – PWB in brace  
Continue appropriate previous exercises  
Scar massage when incision healed  
PROM, AAROM 0-90 degrees only  
**No active Hamstring exercises**  
Co-contractions quads / HS  
SLR x 4 on mat – Add light ankle weights if quad control is maintained  
Double leg heel raises  
Stretches – HS, AT, Hip Flexors, ITB

#### **Goals**

Pain/effusion control  
No extensor lag

## Weeks 4 – 6

Brace x 6 weeks – Open to 0-90 degrees  
Crutches – PWB in brace  
Continue appropriate previous exercises  
AAROM, AROM 0-90 degrees only  
Weight shifts  
Mini squats 0-45 degrees – In parallel bars  
Total Gym (level 3-5) – Mini squats 0-45 degrees  
– Passive flexion to 90 degrees (push up with opposite leg) Leg  
press 0-45 degrees with light resistance (up to ¼ body weight) Hamstring  
curls 0-45 degrees – Carpet drags or rolling stool (closed chain) Stationary  
bike with seat high for ROM – Complete cycle as able

### **Goals**

ROM 0-90 degrees  
No effusion

## Weeks 6 – 9

D/C Brace  
Crutches – weight bearing as tolerated (WBAT), D/C when gait is WNL  
Continue appropriate previous exercises  
PROM, AAROM, AROM – Gradually increase motion through full range  
Standing SLR x 4 with light Theraband bilaterally  
Wall squats 0-45 degrees  
Leg press 0-60 degrees with light resistance (up to ½ body weight)  
Hamstring curls 0-60 degrees – Carpet drags or rolling stool (closed chain)  
Forward, lateral and retro step downs in parallel bars  
– No knee flexion past 45 degrees (small step)  
Single leg heel raises  
Proprioceptive training – Single leg standing in parallel bars  
– Double leg BAPS for weight shift  
Treadmill – Forwards and backwards walking  
Stationary bike – Progressive resistance and time  
Pool – Walking / running (no kicking)

### **Goals**

Full ROM  
Normal gait

## Weeks 9 – 12

Continue appropriate previous exercises with progressive resistance  
Wall squats 0-90 degrees  
Leg press 0-90 degrees with resistance as tolerated  
Hamstring curls 0-90 degrees on weight machine with light resistance  
Forward, lateral and retro step downs (medium to large step)  
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Hip weight machine x 4 bilaterally  
Proprioceptive training – Single leg BAPS, ball toss and body blade  
– Grid exercises

Fitter  
Slide board  
Treadmill – Walking progression program  
Elliptical trainer  
Pool therapy – No swimming laps

**Goal** – Walk 2 miles at 15 min/mile pace

### **Months 3 – 4**

Isokinetic testing at 180 and 300 degrees/sec – Must have 80%  
of opposite leg to clear for straight line running

Continue appropriate previous exercises

**No Squatting or Leg press > 90 degrees**

Hamstring curls on weight machine through full range

Knee extension weight machine

Short arc quads

Functional activities – Figure 8s, gentle loops, large zigzags

Stairmaster – Small steps

Treadmill – Running progression program if cleared

Pool therapy – Swimming laps

**Goal** – Run 2 miles at easy pace

### **Months 4 – 6**

Repeat Isokinetic testing as needed

Continue appropriate previous exercises

Squatting and Leg press through full range as tolerated

Agility drills / Plyometrics

Sit-up progression

Running progression to track

Quad stretches

Transition to home / gym program

#### **Goals**

Return to all activities

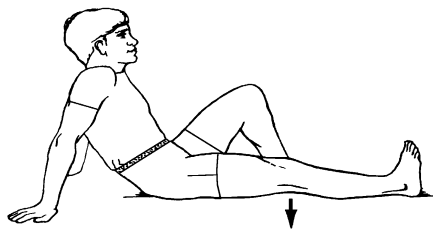
Pass APFT at 6 months post-op

***No contact sports until 6 months post-op***

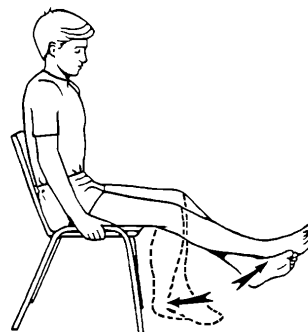
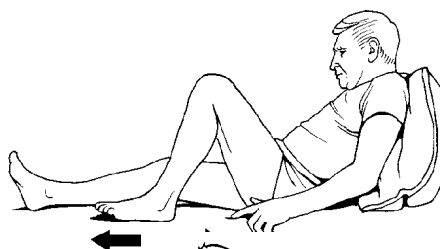
## Knee Post Op Phase 1

Perform exercises below frequently: 30 reps 3-5x a day

**Quad Isometrics**



**Heel Slides**



**Active Assisted Motion**

**Ice Position 15 minutes 2-3 x per day**

