

**Nikhil Verma, MD**  
**Lisa Raaf, MS, PA-C**  
**Nate Davidson, MS, PA-C**  
**Lauren Rooney, MMS, PA-C**

**1611 W. Harrison, Suite #300**  
**Chicago, IL 60612**  
**Vermapa@rushortho.com**  
**Fax: 708-409-5179**  
**[www.sportssurgerychicago.com](http://www.sportssurgerychicago.com)**



**MIDWEST  
ORTHOPAEDICS  
AT RUSH**



### **Post-Operative Rehabilitation Guidelines for ACL Reconstruction with Meniscal Repair (All Inside)**

- 0-2 Weeks:** TDWB, 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
- 2-6 Weeks:** Begin WBAT. Unlock Brace for Weight Bearing  
No weight bearing past 90° for ACL with meniscal repair  
D/C crutches when gait is non-antalgic (two weeks with meniscal repair)  
ROM: 0-125 degrees (Maintain full extension)  
Active knee extension to 40 degrees  
Standard (170mm) ergometry (when knee ROM > 115 degrees)  
Leg Press (80-0 degree arc)  
Mini Squats / Weight Shifts  
Proprioception training  
Initiate Step Up program  
Avoid Tibial Rotation until 6 weeks
- 6-14 Weeks:** D/C Brace and wean from crutches  
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