



ACL Reconstruction with Meniscal Repair (Inside Out) Post-Operative Rehabilitation Protocol

0-2 Weeks:

- TDWB, Brace locked at 0° for ambulation and sleeping
- ROM: 0-90° with emphasis on full extension
- Patella mobilization
- SLR supine with brace locked at 0°, Quad Sets
- Ankle Pumps
- Short crank (90mm) ergometry

2-4 Weeks:

- Transition to PWBAT ~50% to full WBAT by 4 weeks post op
- Brace locked in full extension until post op week 4-6
- No weight bearing past 90° for ACL with meniscal repair
- ROM: 0-125° (Maintain full extension)
- Active knee extension to 40°
- Standard (170mm) ergometry (when knee ROM > 115°)

4-6 Weeks:

- Full WBAT leg in extension, brace down 60-90° by 6 weeks anticipate brace removal at that time
- Leg Press (80-0° arc)
- Mini Squats / Weight Shifts
- Proprioception training
- Initiate Step-Up program
- Avoid Tibial Rotation until 6 weeks

6-14 Weeks:

- D/C Brace
- Progressive Squat program
- Initiate Step-Down program
- Leg Press, Lunges
- Isotonic Knee Extensions (90-40°, 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
- **Plyo Prep Screen when initiating running and/or jumping. Schedule via QR code or email spc@rushortho.com



> 22 weeks:

- Advance Plyometric program, Return to Sport (MD Directed)
- **Lower Body Assessment when initiating return to activity progression. Schedule via QR code or email spc@rushortho.com

