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ACL RECONSTRUCTION WITH MENISCUS REPAIR

General Guidelines

- Obtain full extension within 2 weeks after surgery
- Crutches for 6 weeks
- Long leg brace locked in extension during ambulation for 6 weeks
- Knee range of motion from 0 to 90 degrees with therapy and during home exercises for 6 weeks
- Regain full range of motion after 6 weeks
- Run straight ahead on even ground at 3-4 months
- Return to sports at 6-9 months

Post-op Days 1 – 14

Goals: Full passive extension and flexion to 90 degrees, obtain good quad control

- POD 2: Change dressing, keep wound covered, continue TED Hose
- POD 10-14: Sutures out, D/C TED Hose when effusion resolved
- Brace – Locked in extension for 6 weeks
- Crutches – partial weight bearing in brace in full extension for 6 weeks, no weightbearing with knee flexed

Therapy:

Patellar mobilization, Calf pumping
AAROM 0-90 degrees (passive extension, active flexion, heel slides)
Passive extension with heel on bolster or prone hangs
Electrical stimulation in full extension with quad sets and SLR Quad sets, Co-contractions quads / Hamstring
Straight leg raise (SLR) x 4 on mat (in brace if poor quad control)
Stationary bike for ROM – 0 to 90
Ice Pack with knee in full extension after exercise

Weeks 2 – 4

Goals: ROM 0-90 degrees, no effusion, no extensor lag

Therapy:

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

Weeks 4 – 6

Goals: ROM 0 to 90, DC Brace at 6 weeks

Therapy:

Continue appropriate previous exercises
PROM, AAROM, AROM to regain full motion
Standing SLR x 4 with Theraband bilaterally
Mini squats, Wall squats 0-60 degrees – Progress to single leg
Leg press 0-60 degrees with resistance no more than 1/2 body weight
Forward, lateral and retro step downs 0-60 degrees (medium step)
Proprioceptive training – Single leg BAPS, ball toss and body blade Elliptical trainer
Pool therapy – Walking / running (no kicking)

Weeks 6 – 9

Goal: Full ROM, normal gait

Therapy:

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 1/2 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)

Weeks 9 – 12

Goal: Walk 2 miles at 15 min/mile pace

Therapy:

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)
Continued on following page
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

Months 3 – 4

Goal: Run 2 miles at easy pace

Therapy:

Iso kinetic 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

Months 4 – 6

Goals: Return to all activities, no contact sports until 6 months post-op

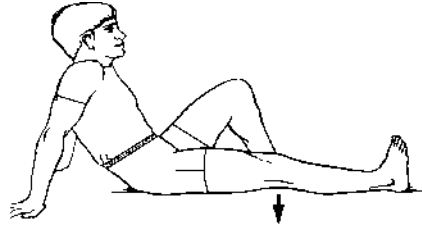
Therapy:

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

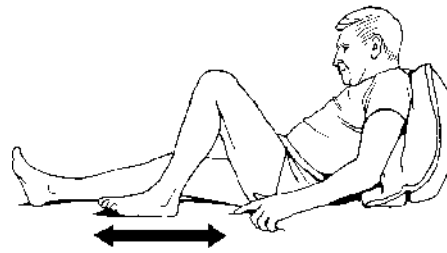
Knee Post Op Phase 1

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

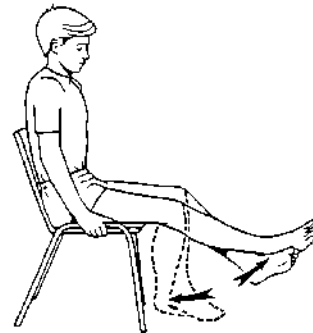
Quad Isometrics



Heel Slides



Active Assisted Motion



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

