



Physical Therapy Protocol: ACL Reconstruction + Meniscus Repair (All-inside, Inside-out repairs)

Phase	Notes	Exercises
I: Weeks 0-6	Full WB ROM 0-90 Brace locked in extension with ambulation and sleep until 6 weeks post-op	<ul style="list-style-type: none"> ROM: 0-90 x 6 weeks, progress through passive, active, and resisted ROM, heel slides, patellar mobilization, gastric/soleus stretches Strength: quad/hamstring/glute sets, straight leg raise with knee in full extension with brace until quad strength prevents extension lag, no open chain or isokinetic exercises, utilize NMES and BFR as needed Goals: 60 degrees of flexion by week 2. Full active hyperextension, 90 degrees of flexion, minimal swelling by week 6
II: Weeks 6-12	Discontinue brace Full ROM No WB flexion past 90 degrees or impact for 12 weeks total post op	<ul style="list-style-type: none"> ROM: full active/passive ROM, okay for squats from 0-90 Strength: progress out of brace once pt is able to perform SLR without lag, progress closed chain activities, begin hamstring work, lunges/leg press 0-90°, proprioception exercises, balance/core/hip/glutes, begin stationary bike, recommend BFR and NMES as appropriate Goals: full ROM and active hyperextension by week 12 at the latest, contact practice if not on track by 8 weeks post-op
III: Weeks 12+		<ul style="list-style-type: none"> Exercises: No brace, full ROM, initiate return to running program, progress flexibility/ strengthening, progression of function: forward/ backward running, cutting, grapevine, etc., initiate plyometric program and sport-specific drills Comments: recommend BFR and NMES as appropriate, no cutting/pivoting until 6 months PO AND quad girth is equal to contralateral side

Sports Performance Center Resources

- Plyometric Prep Screen when returning to running/ jumping (around 3 months post-op)
 - Schedule via QR code or email spc@rushortho.com

- Lower Body Assessment when initiating preparing to return to sport
 - Schedule via QR code or email spc@rushortho.com

