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MIDWEST
ORTHOPAEDICS
AT RUSH

Physical Therapy Protocol: ACL Reconstruction with BTB Autograft or Allograft + Buckethandle Meniscus Repair

Weeks 0-6 s/p ACL with meniscus buckethandle repair

Physician Goals: protect repair/incisions, ROM 0-90, increase quad strength

Exercises: Heel slides (0-90), patellar mobilization, quad/hamstring sets, gastroc soleus stretch, straight leg raise with knee in full extension with brace until quad strength prevents extension lag, no open chain or isokinetic exercises, biking with minimal resistance for ROM okay

Comments: WBAT with crutches for support as needed, d/c crutches when able, brace locked full extension when ambulating until patient performing a straight leg raise with no lag outside of the brace, brace locked in extension while sleeping for 6 weeks. No flexion past 90 x 6 weeks. No WB flexion past 90 degrees x 12 weeks total

Weeks 6-12 s/p ACL with buckethandle meniscus repair

Physician Goals: Progress ROM, protect repair

Exercises: Full A/PROM, Ok to begin WBAT and 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

Comments: No WB flexion past 90 degrees for 12 weeks total post op

Weeks 12+ s/p ACL with buckethandle meniscus repair

Physician Goals: Progress activity/strength

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: No cutting/pivoting until 6 months PO AND quad girth is equal to contralateral side