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MIDWEST
ORTHOPAEDICS
AT RUSH

Physical Therapy Protocol: ACL Reconstruction with BTB Autograft or Allograft + Meniscus Root/Radial Repair

Weeks 0-6 s/p ACL with meniscus root/ radial repair

Physician Goals: increase ROM, protect repair

Exercises: ROM 0-90 x 6 weeks, Heel slides, 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, ROM: progress through passive, active, and resisted ROM as tolerated

Comments: Heel touch weight bearing (10-20% BW) with crutches for first 6 weeks

Total # of Visits: 18

Weeks 6-12 s/p ACL with root/radial 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

Total # of Visits: 18

Weeks 12+ s/p ACL with meniscus root/ radial 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

Total # of Visits: 36