



KNEEbraska
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ACL RECONSTRUCTION WITH MENISCAL REPAIR REHABILITATION PROTOCOL

	WEIGHT BEARING	BRACE	ROM	EXERCISES
PHASE I 0-2 weeks	TTWB with crutches	locked in full extension for gait, activity and sleeping* Off for exercises & hygiene	0-90 degrees when NWB	Heel slides, quad sets, patellar mobilizations, SLR, SAQ No weight bearing with flexion >90 degrees. Avoid tibial rotation x 8 weeks to protect meniscus
PHASE II 2-8 weeks	2-6 weeks: TTWB with crutches 6-8 weeks: progress to FWB	2-8 weeks: locked 0-90 degrees. Off at night D/c brace by 8 weeks when gait normalized	As tolerated, proceed with caution when flexion > 90 degrees	2-6 weeks: add sidelying, floor based quads/hamstrings/core; advance stretching 6-8 weeks: add heel raises, CKC, normalize gait, eccentric quads/hamstrings, advance core Activities with brace on until 6 weeks NO weight bearing with flexion >90 degrees
PHASE III 8-12 weeks	Full	NA	Full and painfree	Progress CKC Begin hamstring work, lunges, leg press 0-90 degrees, balance/core/hip
PHASE IV 12-16 weeks	Full	NA	Full and painfree	Progress Phase III; SLS work, core, glutes, eccentric hamstrings Stationary bike at 12 weeks, low resistance Swimming at 12 weeks
PHASE V 16-24 weeks	Full	NA	Full and painfree	Elliptical& straight ahead running at 16 weeks, jumping after 18 weeks >20 weeks: advanced work(sprints, backward running, cutting/pivoting. Initiate plyometrics & sport-specific drills
PHASE VI >6 months	Full	NA	Full	Gradual return to sports; maintenance program when cleared by surgeon

*Brace may be removed for sleeping after first post-op visit (day 10-14)