



ORTHOPEDIC SURGERY

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PODIATRY

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CLINIC LOCATIONS

Spencer
Storm Lake
Spirit Lake
Estherville
Emmetsburg
Pocahontas
Cherokee
Primghar
Sibley
Algona

OFFICE LOCATIONS

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2301 HWY 71, Suite E
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www.nwiabone.com

ACL REHABILITATION PROTOCOL OPERATIVE WITH MENISCUS REPAIR OR MICROFRACTURE

I. Week 1:

a. Weight bearing status will be determined by surgeon.

b. Ankle ROM

c. Quad isometrics with knee in full passive extension

d. Straight leg raise ok when able to do so without extension lag

e. Patellar mobilization as soon as pain permits

f. Supine heel slides

g. Sit and allow knee flexion over edge of table to facilitate flexion to 90 degrees

h. Supine knee passive extension with wedge under heel to promote full hyperextension

i. Must sleep in brace

II. Weeks 2-4

a. Same as first week, primary emphasis on increasing ROM (full hyperextension, flexion to at least 120 degrees)

b. Continue crutches and brace

a. Add supine SLR out of brace when able to do so with no extensor lag

c. Side lying SLR begins

d. May sleep without brace as tolerated

e. Continue weight bearing status per surgeon

III. Weeks 5-6

a. Progress ROM to full, including flexion

b. More aggressive patellar mobilization-scar tissue mobilization

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a. May begin stationary cycle, no resistance

b. Weight bearing status will be determined by the surgeon

c. Weeks 7-12

d. Continue aggressive terminal stretching, should be full AROM early in this time frame

e. Begin treadmill, add incline progressively up to 7-10 degrees, backwards treadmill ok

f. Gradually increase resistance and endurance on stationary cycle

g. Light sport cord or thera-band resisted closed kinetic chain resistance training postop, if motion full. No open chain knee extension, no flexion greater than 90 degrees during strength exercises

h. Quarter squats ok, no knee flexion angle greater than 90 degrees

i. Continue functional knee brace full time except sleep

j. Begin stork stands for proprioception

k. Weeks 12-16

l. As above for stretching

m. Increases resistance training, closed chain. Lunges, leg press, calf press, mini-squats, HS curls

n. Sport cord resisted forward, backward, and lateral movement

o. May cycle outside without brace (road only, must remain seated in saddle)

p. Light jogging in brace on soft surfaces

q. Add slide board and advanced proprioceptive training

r. No brace needed except for workouts or hazardous environment

II. Weeks 17-24

a. Add plyometrics

b. Hill training with jogging and bicycle

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a. Figure 8 runs, controlled intro to cutting maneuvers and sport specific activities in noncontact, noncompetitive environment

b. Advanced strength, proprio and cardiovascular conditioning

c. Return to Sport Criteria

d. MD clearance

e. Single leg hop equal to contralateral

f. Adequate stability on ligament testing

g. No significant effusions or mechanical symptoms

h. Completed sport-specific functional progression

i. Functional knee brace for contact sports, jumping and landing or cutting and twisting until 1 year postop, then DC

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