



Post-Operative Rehabilitation Guidelines for ACL Reconstruction with Meniscal Repair (Inside Out)

- 0-2 Weeks: TDWB, Brace locked at 0 degrees for ambulation and sleeping
ROM: 0-90° with emphasis on full extension
Patella mobilization
SLR supine with brace locked at 0 degrees, Quad Sets
Ankle Pumps
Short crank (90mm) ergometry
- 2-4 Weeks: Transition to PWBAT ~50% to full WBAT by 4 weeks post op. Brace locked in full extension until post op week 4-6
No weight bearing past 90° for ACL with meniscal repair

ROM: 0-125 degrees (Maintain full extension)
Active knee extension to 40 degrees
Standard (170mm) ergometry (when knee ROM > 115 degrees)
- 4-6 Weeks: Full WBAT leg in extension, brace down 60-90 by 6 weeks anticipate brace removal at that time
Leg Press (80-0 degree arc)
Mini Squats / Weight Shifts
Proprioception training
Initiate Step Up program
Avoid Tibial Rotation until 6 weeks
- 6-14 Weeks: D/C Brace
Progressive Squat program
Initiate Step Down program
Leg Press, Lunges
Isotonic Knee Extensions (90-40 degrees, closed chain preferred)
Agility exercises (sport cord)
Versaclimber/Nordic Track
Retrograde treadmill ambulation
- 14-22 weeks: Begin forward running (treadmill) program when 8" step down satisfactory
Continue Strengthening & Flexibility program
Advance Sports-Specific Agility Drills
Start Plyometric program
- > 22 weeks: Advance Plyometric program, Return to Sport (MD Directed)
**May require Functional Sports Assessment (FSA) 5-6 months post op for clearance to return to sport