



ACL Reconstruction with Meniscus Repair Protocol

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	WEIGHT BEARING STATUS	BRACE	ROM	EXERCISES
Phase I 0-1 weeks	NWB with brace locked in full extension	Locked in full extension for sleep and all activity. Off for hygiene	0-90° when nonweight-bearing. Work towards full extension.	Heel slides, patellar mobs. NWB while working on ROM. Prone hangs-focus on full extension. Isometric/therapist assisted eccentric Quads/NMES. May do BFRT. Avoid hamstring strengthening.
Phase II 2-6 weeks	Progress to Full Weightbearing with brace locked in full extension.	Unlocked 0-90° for ROM while non-weight bearing. Off at night.	0-90°	Heel raises and terminal knee extensions. Remain NWB during ROM. Avoid hamstring strengthening. Start concentric quads once there is no extensor lag. NMES.
Phase III 7wks-12wks	Full WB, progressing to normal gait pattern.	On at work/school. Off at home or while sleeping.	Gain full extension and flexion.	Toe raises, closed-chain quads, balance exercises, hamstring strength, stationary bike, step-ups, front and side plank, hip/glute/core and pool.
Phase IV 13wks-16wks	Full WB Normal gait pattern.	May stop brace once PT feels quads are toned & reactive	Full ROM	Advance closed chain strengthening, progress proprioception activities. Begin stairmaster and elliptical. Jogging/running
Phase V 4-6 months	Full WB	None Custom ACL brace for athletes	Full ROM	Begin Jumping Week 20: running to sprinting, backward running, cutting/pivoting and plyometrics.

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Phase VI > 6 months	Full WB	None	Full ROM	Gradual return to sports participation after FSA (functional sports assessment).
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*Modified with concomitant cartilage restoration or osteotomy procedure.