



**Patient Name:**  
**Date of Surgery:**  
**Side: R/L**

**ACL Repair with Meniscus Repair Dr. Sexton**  
**Phase I: 0-4 weeks after surgery**




Goals:

- 1) Protect the repair
- 2) Ensure wound healing
- 3) Decrease inflammation with ice and elevation

Activities:

- 1) Brace: brace must be worn at all times locked in extension
- 2) Weightbearing status: **Week 0-1**: you must remain non-weightbearing at this time, **Weeks 1-4**: WBAT w/ brace locked in full extension
- 3) Therapeutic exercises: Please begin the following exercises

**For Postoperative Questions**  
**Call 813-684-2663**

 <p>An illustration of a person's legs lying flat on a surface. Two arrows above the feet indicate movement: a blue arrow pointing left and an orange arrow pointing right.</p>	<p><b>Ankle Pumps</b></p> <p>Bend your foot up and down at your ankle joint</p> <p>Note: Keep on doing Ankle Pumps throughout the day, as it is most important exercise for leg blood circulation, prevents blood clotting and swelling</p>	<p><b>Repeat</b> 10 Times <b>Complete</b> 3 Sets <b>Perform</b> 1 Times an Hour</p>
 <p>Two illustrations of a person lying on their back. The top illustration shows the person's legs bent at the knees with a small white towel roll under their heels. The bottom illustration shows the person's legs bent at the knees with their feet flat on the ground.</p>	<p><b>QUAD SET WITH TOWEL UNDER HEEL</b></p> <p>While lying or sitting with a small towel roll under your ankle, tighten your top thigh muscle to press the back of your knee downward towards the ground.</p>	<p><b>Repeat</b> 10 Times <b>Hold</b> 3 Seconds <b>Complete</b> 3 Sets <b>Perform</b> 2 Times a Day</p>
 <p>An illustration of a person lying on their back on a mat, raising their right leg straight up. A yellow arrow points upwards from the heel of the raised leg.</p>	<p><b>STRAIGHT LEG RAISE - SLR</b></p> <p>While lying on your back, raise up your leg with a straight knee. Keep the opposite knee bent with the foot planted on the ground. It is normal to need assistance with this exercise. Have a partner provide upwards support on your heel if you are having difficulties with this exercise.</p>	<p><b>Repeat</b> 10 Times <b>Hold</b> 1 Second <b>Complete</b> 3 Sets <b>Perform</b> 2 Times a Day</p>

### Phase II: 4-6 weeks

#### Goals:

1. Continue to protect the repair
2. Restore range of motion from 0-90 degrees
3. Decrease inflammation

#### Activities:

1. Brace: must remain locked until able to perform a straight leg raise. OK to then unlock from 0-90 degrees
2. Weightbearing status: WBAT, brace locked in full extension
3. Therapeutic Exercises:



**STRAIGHT LEG RAISE - SLR**

While lying on your back, raise up your leg with a straight knee. Keep the opposite knee bent with the foot on the ground.

**Repeat** 10 Times  
**Complete** 3 Sets  
**Perform** 1 Times a Day



**HIP ABDUCTION - SIDELYING**

While lying on your side, slowly raise up your top leg towards the sky. Keep your knee

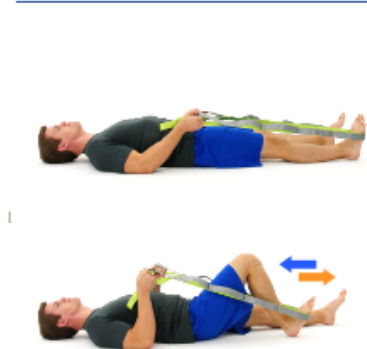
**Repeat** 10 Times  
**Complete** 3 Sets  
**Perform** 1 Times a Day

**HIP ADDUCTION - SIDE LYING**

While lying on your side, slowly raise up your bottom leg towards the ceiling. Keep your knee straight the entire time.

**Repeat** 10 Times  
**Complete** 3 Sets  
**Perform** 1 Times a Day

Keep your knee bent at the knee and a ground supporting



**SUPINE HEEL SLIDES - AAROM**

Check place a belt, towel, and your foot and start by pulling with your arms to bend your knee into a bent position. Then allow your knee to straighten back out to starting position and repeat.

**Repeat** 10 Times  
**Hold** 1 Second  
**Complete** 3 Sets  
**Perform** 1 Times a Day

**Phase III: 6 weeks to 12 weeks**

Goals:

- 1) Restore normal gait pattern
- 2) Restore full range of motion
- 3) Improve strength in preparation for functional activities

Activities:

**For Postoperative Questions  
Call 813-684-2663**



- 1) Brace: Discontinued at this time
- 2) Weightbearing status: Weight bearing as tolerated
- 3) Therapeutic exercises: Continue exercises from Phase I & II. OK to begin stationary bike and progress to treadmill walking program with emphasis on normalization of gait pattern

**Phase IV: 12 weeks to 24 weeks**

Goals:

- 1) Full range of motion
- 2) Improve strength in preparation for functional activities

**For Postoperative Questions  
Call 813-684-2663**