Date Modifed: 10/27/26

ORTHOPAEDIC MEDICAL GROUP OF TAMPA BAY

ACL Reconstruction with Meniscus Repair Protocol

Dr. Nick Sexton

	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.
Phase II **2-6 weeks**	Progress to Full Weightbearing with brace locked in full extension. Ween off cruthces	Unlocked 0-90° for ROM while non-weight bearing. Off at night.	Advance slowly to full ROM	Heel raises and terminal knee extensions. Remain NWB during ROM. Start concentric quads once there is no extensor lag. NMES.
Phase III **7wks-12wks**	Full WB, progressing to normal gait pattern.	None	Full ROM	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.	None	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.
Phase VI **> 6 months**	Full WB	None	Full ROM	Gradual return to sports participation after FSA (functional sports assessment).

*Modified with concomitant cartilage restoration or osteotomy procedure.