



Sports Medicine

UNIVERSITY OF COLORADO

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Eric McCarty, M.D.

ACL and Meniscus Repair Rehabilitation Guidelines

Goals:

- Control pain and swelling
- Normal ROM with return to ADL's
- Normal strength and proprioception
- Return to sports 5-6 months

Post op Time:	Exercise Progression
Initially	ROM <ul style="list-style-type: none"> • Keep knee extended with leg on pillow under calf and ankle (not under knee) for 10-15 min/ 4-6x/day • Normal extension, day 1 Strength <ul style="list-style-type: none"> • Quad sets (5-10/hr) / SLR (5/hr) Control pain and swelling Weight bearing <ul style="list-style-type: none"> • PWB 0-3 weeks. If root repair, see below Brace <ul style="list-style-type: none"> • Brace can be unlocked up to 90°, needs to wear it at night
	**If root repair, no weight bearing for 4 weeks. PWB from weeks 4-6 weeks. Full WB at 6 weeks. Progress ROM beyond 60° after 3 weeks.
Phase 1	Do all exercises 2x/day. Only advance in rehabilitation upon instruction from the Sport medicine staff (MD, PT, or ATC) Goals <ul style="list-style-type: none"> ▪ ROM 0-90 (Increase ROM per MD orders)/ Full extension in 1 day ▪ Establish and maintain good quad control (10 unassisted SLR, flexion) ▪ Establish good hip strength (10 unassisted SLR all 4 ways)
Week 1	Weight bearing – PWB with brace locked in extension ROM - Flexion seated and prone to 90 deg. Strength - Continue SLR x 4 and quad sets, T-band hip flex, add, abd Treatment - Ice with elevation 15-20 min. with ankle pumps
Phase 2	Goals <ul style="list-style-type: none"> ▪ Progress from partial to full weight bearing per MD (weeks 2-4) ▪ ROM 0-100 deg. (Increase ROM per MD orders) (maintain 90 post. horn until wk 5) ▪ Establish and maintain good quad control and hip strength



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Week 2-3	<p>Weight bearing – 30% of your weight on crutches, progress with partial WB</p> <p>ROM – flexion seated and prone to 90°, progress to 90° flexion seated</p> <p>Strength – Continue SLR and quad sets (add) T-band plantarflexion 2x/20, TKE with T-band, HS curls to 90°. Progress to adding standing T-Band X4 / TKE with T-band 2x15</p> <p>Treatment – Ice with elevation 15-20 minutes with ankle pumps</p> <p>Brace – Open brace 0-90 while partial WB</p>
Week 3	<p>Weight bearing- FWB only without a limp (sutures)</p> <p>ROM- 100 deg. flexion seated and prone (per MD approval)</p> <p>Strength - hamstring curls prone with cuff wt. or T-band 2 x 12, add seated calf raises 2 x 10</p> <p>Proprioception- Balance on floor, one leg 2 x 30 sec.</p> <p>Treatment- Ice with elevation 15-20 min. with ankle pumps</p>
End of Phase 2 Goals	<p>Progress from partial to full weight bearing per MD (weeks 2-4)</p> <p>ROM 0-100 deg. (Increase ROM per MD orders)</p> <p>Establish and maintain good quad control and hip strength</p>
Phase 3	<p>Goals</p> <ul style="list-style-type: none"> ▪ Progress to full weight bearing ▪ Progress with more aggressive quad exercises ▪ Advance in proprioceptive (balance) exercises ▪ Restore full ROM ▪ Discontinue brace as quad control allows and after they d/c crutches, around 5-6 weeks post op
Week 4	<p>Weight bearing – Full WB</p> <p>ROM - 100 deg. seated and prone (90 post. horn)</p> <p>Strength - wall sits limited to 30 deg. of flex. 3 x 30 sec., standing calf raises 2 x 10</p> <p>Treatment - Ice with elevation 15-20 min. with ankle pumps</p> <p>Proprioception - Balance on floor 2 x 60 sec.</p> <p>Brace – okay to unlock brace to 100 deg while WB</p>
Week 5	<p>ROM - 120 deg. seated and prone (90/ 110 post horn)</p> <p>Strength - Add double leg mini squats 2 x 10</p> <p>Proprioception - Balance on floor with ball- hand/ hand or around waist 3 x 60 sec (Advanced) - Balance on uneven surface (per ATC or PT)</p> <p>Treatment - Ice with elevation 15-20 min.</p> <p>Brace- okay to unlock brace to 120 deg while WB</p>
Week 6	<p>ROM - 120 deg. to full, seated and prone (110/ 120 post. horn)</p> <p>Strength - Step downs (short step) 2 x 10/ <u>extension @ 90-45 if patient compliant</u></p> <p>Proprioception - Balance on floor with ball toss 3 x 60 sec. (Advanced) - Balance on uneven surface (per ATC or PT)</p> <p>Treatment - Ice with elevation 15-20 min.</p>



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End of Phase 3 Goals	Progress to FWB per MD (arrows) Progress with more aggressive quad exercises Advance in proprioceptive exercises Restore full ROM
Phase 4	Goals <ul style="list-style-type: none"> ▪ Full ROM and full quad/ hamstring strength ▪ Pain free daily activities ▪ Gradual return to activities/ linear running at week 12 ▪ Fully functional (able to perform all activities that did prior to surgery)
Week 7-8	ROM - maintain full with heel slides/ quad stretching Strength - Front and lateral step downs (higher step) Proprioception - Balance on floor with ball toss 3 x 60 sec. (Advanced) - Balance on uneven surface and move ball hand to hand/ jump and balance on one foot (per ATC and PT only) Activity specific - May begin walking program/ 10 min. 3 x (week 7)/ 15 min. 4 x (week 8) Treatment - As needed with ice 15- 20 min.
Week 9-10	ROM - maintain Strength - Various double leg mini squats (stagger, ballet)/ Theraband walking, shuffle, week 10 may begin full extension with weight. (Advanced) - Single leg mini squats/ double leg mini squats on uneven surface (per ATC or PT) Proprioception - Balance on floor and move ball hand to hand 3 x 60 sec. (Advanced) - Balance on uneven surface and move ball hand to hand/ jump and balance on one foot (per ATC and PT only) Activity Specific - Continue walking program/ 20 min. 3 x (week 9)/ 25 min. 4 x (week 10), can assess light jogging on treadmill, Alter-G, or pool Treatment - As needed with ice 15 -20 min.
Week 11-12	Strength and proprioception - continue Activity specific - Continue walking program/ 30 min. 3 x (week 11)/ 35 min. 4 x (week 12) and continue to progress per program. (Advanced) - Begin running program- at 12 weeks. jog 5 min. 3 x week/ progress to 10 min. as tolerate
Week 13	Per Dr. McCarty- Begin plyometric activities and side to side movements
Week 14	(Advanced) - Continue running program- may begin light agility work week 12 (per instruction from MD)
Week 15	Sport specific- non-contact per Dr. McCarty
Week 16-20	Full per Dr. McCarty
Review of Goals	Full ROM (equal to opposite leg) and full quad/ hamstring strength (5/5 MMT) Pain free daily activities Gradual return to activities/ running by week 10-12 (per MD)



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