

**Gahanna / Reynoldsburg**

170 Taylor Station Road  
Columbus, Ohio 43213  
PH 614.545.7900  
FX 614.545.7901

**Hilliard**

3777 Trueman Court  
Hilliard, Ohio 43026  
PH 614.488.1816  
FX 614.488.0390

**Westerville**

300 Polaris Parkway, Suite 2150  
Westerville, Ohio 43082  
PH 614.545.7900  
FX 614.545.7901

**Grove City**

4151 Hoover Road  
Grove City, Ohio 43123  
PH 614.488.1816  
FX 614.488.0390

**Powell**

10330 Sawmill Parkway  
Powell, Ohio 43065  
PH 614.545.7900  
FX 614.545.7901

---

## ACL Reconstruction Protocol (with meniscal repair)

### Phase I: (0-6 weeks)

#### Goals:

Alleviate acute pain and swelling

Increase ROM 0-90° (emphasize 0° extension)

Increase hamstring and quadriceps strength

Promote comfortable ambulation with brace and crutches (TDWB first 6 weeks) Brace: Locked in extension week 1, and then unlocked for weeks 2-5 (0-90°) Maintain cardiovascular conditioning

#### Plan: (0-2 weeks)

Patellar mobilization

PROM positioning for knee extension ROM

Heel wall slides w/o brace

½ revolution non-resisted b e for knee flexion (knee flexion 90° first 5 weeks) Hamstring and quadriceps co contraction Hamstring and calf stretching

4-Quad (hip flexion, abduction, adduction, extension)

Modalities for pain and edema control

#### Plan: (2-6 weeks)

Soft tissue/scar mobilization

Prone/standing knee flexion

Weight shifting in standing, 0-30° ROM mini-squats

EMS co-contraction at VMO and hamstrings

Theraband ankle exercises - progress to standing as WB dictates' Stairmaster (begin at 5 weeks)

Proprioceptive training/balance -BAPS, trampoline (begin at 5 weeks) General conditioning

Aquatic therapy (when incisions healed) No whip kick

### Phase H (6-12 weeks)

#### Goals:

Decrease swelling and prevent atrophy Increase ROM 0-125°

Increase quadriceps and hamstring strength Increase hip strength

Stimulate collagen healing

Independent ambulation without crutches

Continue general conditioning

**ACL Reconstruction Protocol**  
**(with meniscal repair)**  
\*\*\*CONTINUED\*\*\*

Plan:

Continue phase I exercises  
Continue patellar mobilization and ROM activities  
Continue hamstring and calf stretching  
Standing  $\frac{1}{2}$  squat  
Joint and soft tissue mobilization as needed  
Isotonic hamstring NK table  
Leg press  
Continue closed chain, balance and proprioceptive activities  
Continue EMS as needed for muscle re-ed and edema  
Step-ups (controlled - forward and side)  
\*McConnell taping as necessary  
May begin swimming with modified kick (no "whip kick" or "egg beater kick") General conditioning

**Phase III (12-20 weeks)**

Goals:

Full ROM  
Continue all goals from Phase II

Plan: (12-16 weeks)

Continue phase II exercises and progress as tolerated  
Step-up - side and down  
Increase proprioceptive training (sport cord, body blade, plyoballs) Treadmill as tolerated  
Continue Stairmaster  
 $\frac{1}{2}$  wall sits as tolerated

Plan: (16-20 weeks)

Light jogging on trampoline  
to  $\frac{1}{2}$  squats (pain-free)  
Progress with closed chain activity Isotonic terminal knee extension  
(30-0°)

**Phase IV (20-36 weeks)**

Goals:

Development of strength, power and endurance Begin to prepare for return to recreational activity  
Begin sport specific training

Plan:

Continue Phase III exercises and conditioning activities Continue strength training  
Initiate running program  
Initiate agility drills  
Sport specific training and drills  
Isokinetic evaluation



**ACL RECONSTRUCTION PROTOCOL  
(WITH MENISCAL REPAIR)**