

REHABILITATION FOLLOWING ACL WITH MENISCAL REPAIR

Nigel W. Sparks, M.D.

NO OPEN CHAIN QUAD EXERCISES!!!

Pre-operative

Instruct the patient in quad sets, SLRs, ankle pumps, ice and elevation guidelines, gait training, and partial weight bearing with leg in ROM brace locked in extension.

Post-operative week 1-4

- Brace locked at 0° with ambulation wk. 1 then **UNLOCK to 90 degrees flexion if good quad control.**
- Gait training WBAT – wean off crutches ASAP
- Quad sets and SLR in all four planes
- Ankle pumps, then progress to theraband ankle exercises
- A, AA, PROM 0° to 90°
- Biofeedback/electrical stim for quad enhancement
- Soft tissue mobilization for adhesions
- Interferential stimulation for pain and inflammation control
- Patellar mobilization
- No WB with flexed knee position
- No flexion greater than 90°
- No resisted hamstrings

Post-operative week 5-9

Continue with above exercises

Progress ROM to full as patient tolerates

D/C brace after week 4 if 90 degrees flexion and good quad control

Begin stationary bicycle as ROM allows

Submaximal isometric hamstring/quad co-contraction in extension

Progress in quad/hams strengthening ex

Begin wall slides and mini squats

Begin calf raises weight bearing

Begin proprioceptive training

Treadmill walking forward/backward

No resistive hamstrings greater than 90°

Post-operative week 10-20

Continue with above exercises

Begins 50% submaximal multi angle quad/hams isometrics between 0° and 90° of flexion

Begin elliptical

Isotonic leg press

Step downs

Leg curls (low resistance, both legs)

Pg.2

Hip abduction/adduction machine

ACL/Men. Repair

No high impacts, no open chain concentric quads.

After week 12 begin jog/run program with doctor's approval

Post-operative week 21-24

Continue with above exercises

Progress resistance and ROM with multi angle isometrics and isotonic exercises

Progress with functional closed chain exercises (lunges, sport cord training, mini-tramp jogging, slide board); progress to full workout

Post-operative month 6

Progress with above exercises

Begin sport specific skills (with doctor's approval)

Post-operative month 8

Continue to progress with full weight training and cardiovascular workout

Progress in sport specific activities

Return to full activity when quad strength is within 10% of the uninvolved leg (with doctor's approval)

ADDENDUM: This protocol provides general rehabilitation guidelines following ACL reconstruction with a meniscal repair. It is subject to modification depending on the degree of the lesion, any concomitant injuries, the type and extent of the surgical intervention and other factors.