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Post-Operative Protocol – ACL Reconstruction with Meniscus Repair

Patient Name: _____ Date: _____

Diagnosis: _____ Date of Surgery: _____

_____ Provide patient with home exercise program

0-4 Weeks: TDWB, Brace locked at 0 degrees for ambulation and sleeping
ROM: 0-90° with emphasis on full extension
Patella mobilization; Ankle Pumps
SLR supine with brace locked at 0 degrees, Quad Sets
Short crank (90 mm) ergometry

4-6 Weeks: Begin WBAT. Unlock Brace for Weight Bearing
No weight bearing past 90° for ACL with meniscal repair
D/C crutches when gait is non-antalgic (six weeks with meniscal repair)
ROM: 0-125 degrees (Maintain full extension)
Active knee extension to 40 degrees
Standard (170 mm) ergometry (when knee ROM > 115 degrees)
Leg Press (80-0 degree arc)
Mini Squats / Weight Shifts
Proprioception training
Initiate Step Up program
Avoid Tibial Rotation until 6 weeks

6-14 Weeks: D/C Brace and wean from crutches
Progressive Squat program
Initiate Step Down program
Leg Press, Lunges
Isotonic Knee Extensions (90-40 degrees, closed chain preferred)
Agility exercises (sport cord)
Versa climber/Nordic Track/Retrograde treadmill ambulation

14-22 weeks: Begin forward running (treadmill) program when 8” step down satisfactory
Continue Strengthening & Flexibility program
Advance Sports-Specific Agility Drills
Start Plyometric program

> 22 weeks: Advance Plyometric program, Return to Sport (MD Directed)

_____ Other:

Modalities: _____ Electric Stimulation _____ Ultrasound _____ Heat before/Ice after

Frequency: _____ x/ week x _____ weeks

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