

Bonnie P. Gregory, MD

ACL PATELLAR TENDON RECONSTRUCTION WITH INSIDE OUT MENISCAL REPAIR
REHABILITATION PROTOCOL

	WEIGHT BEARING	BRACE	ROM	EXERCISES
<i>PHASE I</i> 0-4 weeks	0-2 weeks Partial WB with crutches 3-4 weeks 50% WB w/ crutches	0-2 week: Locked in full extension for ambulation and sleeping 3-4 weeks: Unlocked 0-90 ° Off at night	0-2 weeks: 0-90° when non-weight bearing 2-8week: as tolerated	Heel slides, quad/hamstring sets, patellar mobs, gastroc/soleus stretch SLR w/ brace in full extension until quad strength prevents extension lag Side-lying hip/core No weight bearing with flexion >90°
<i>PHASE II</i> 5-12 weeks	4-8 weeks: Progress to full WB	Discontinue brace at 6 weeks (only if patient has good quad control)	Full	Addition of heel raises, total gym (closed chain), terminal knee extensions Activities w/ brace until 6 weeks; then w/o brace as tolerated No weight bearing with flexion >90° 8-12week: Progress closed chain activities Begin hamstring work, lunges/leg press 0-90 °, proprioception exercises, balance/core/hip/glutes Begin stationary bike

<i>PHASE III</i> 13-16 weeks	Full	None	Full	Progress Phase III exercises and functional activities: single leg balance, core, glutes, eccentric hamstrings, elliptical, and bike Swimming okay at 16 weeks
<i>PHASE IV</i> 17-24 weeks	Full	None	Full	Advance to sport-specific drills and running/jumping once cleared by MD
<i>PHASE V</i> > 6 months	Full	None	Full and pain-free	Gradual return to sports participation after completion of FSA Maintenance program based on FSA

- ❖ Modified with concomitantly performed meniscus repair/transplantation or articular cartilage procedure
- ❖ Brace may be removed for sleeping after first post-operative visit (day 7-10)
- ❖ Completion of FSA (Functional Sports Assessment) not mandatory, but recommended at approx 22 weeks post-op for competitive athletes returning to play after rehab

For any questions or concerns regarding the protocol or rehabilitation process please contact

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