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## **Post-Operative Rehabilitation Guidelines for ACL Reconstruction with Meniscal Root Repair**

- 0-4 Weeks:      NWB, Brace locked at 0 degrees for ambulation and sleeping  
ROM: 0-90° with emphasis on full extension  
Patella mobilization  
SLR supine with brace locked at 0 degrees, Quad Sets  
Ankle Pumps  
Short crank (90mm) ergometry
- 4-6 Weeks:      Progress to WBAT by week 6. Unlock Brace for Weight Bearing  
No weight bearing past 90° for ACL with root 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 (170mm) 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)  
Versaclimber/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)