

Combined Anterior Cruciate Ligament (ACL) Reconstruction and Meniscal Repair

PHASE I (Weeks 0-4)

- **Weight Bearing:** Toe-touch weight bearing for 6 weeks.
- **Hinged Knee Brace:** Locked in full extension for ambulation and sleeping
- **Range of Motion:** No flexion greater than 90 degrees
- **Therapeutic Exercises:**
 - No deep bends for first 4 months
 - Quad and Hamstring sets
 - Heel slides
 - Non-weightbearing stretch of the Gastroc/Soleus
 - Straight leg raise with brace in full extension until quad strength prevents extension lag

PHASE II (Weeks 4-6)

- **Weight Bearing:** As tolerated @ 6 weeks – discontinue crutch use
- **Hinged Knee Brace:** Discontinue brace use when patient has achieved full extension with no evidence of extension lag
- **Range of Motion:** Maintain full knee extension – work on progressive knee flexion
- **Therapeutic Exercises:**
 - No deep bends for first 4 months
 - Closed chain extension exercises
 - Hamstring curls
 - Balance exercises
 - Progress to weightbearing stretch of the Gastroc/Soleus
 - Begin use of stationary bicycle

PHASE III (Weeks 6-16)

- **Weight Bearing:** Full weightbearing
- **Range of Motion** -- Full/painless ROM
- **Therapeutic Exercises:**
 - No deep bends for first 4 months
 - Advance closed chain strengthening exercises, proprioception activities
 - Begin use of Stairmaster/Elliptical
 - **Can start straight ahead running at 12 weeks**

Phase IV (Months 4-6)

- Gradual return to athletic activity as tolerated
- Maintenance program for strength and endurance