SPORTS MEDICINE ASSOCIATES
Any Athlete. Any Injury. Anytime.®

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ACL RECONSTRUCTION (W/MENISCUS REPAIR)

	WEIGHT BEARING	BRACE	ROM	EXERCISES
PHASE 1 0-2WEEKS	Heel touch weightbearing with crutches	Locked in full extension for sleeping and all activity* Off for exercises and hygiene	0-90° when non weight bearing	Heel slides, quad sets, patellar mobs, SLR, SAQ **No weight bearing with flexion >90°** **Avoid tibial rotation for 8 wks to protect meniscus**
PHASE 2 2-8 WEEKS	**2-6 weeks:** Heel touch WB with crutches **6-8 weeks:** Progress to full WB	**2-8 weeks:** Locked 0-90° Off at night Discontinue brace by 8 weeks when comfortable WB	As tolerated, caution with flexion >90° to protect meniscus	**2-6wks:** Add side-lying/floor based quad/hamstring/hip and core, advance quad set and stretching **6-8wks:** Addition of heel raises, closed chain lower body, gait normalization, eccentric quads/hamstrings; advance core, glutes and pelvic stability Activities w/ brace until 6 weeks; then w/o brace as tolerated **No weight bearing with flexion >90°**
PHASE 3 8-12 WEEKS	Full	None	Full, caution with flexion >90° to protect meniscus	Progress closed chain activities Begin hamstring work, lunges/leg press 0-90°, proprioception exercises, balance/core/hip/glutes
PHASE 4 12-16 WEEKS	Full	None	Full	Progress Phase III exercises and functional activities: single leg balance, core, glutes, and eccentric hamstrings Begin stationary bike at 12 wks with low resistance Swimming okay at 12 wks
PHASE 5 16-24 WEEKS	Full	None	Full	Start elliptical and running straight ahead after 16 weeks, jumping after 18 weeks >20wks: Advance to sprinting, backward running, cutting/pivoting/changing direction, initiate plyometric program and sport-specific drills

				FSA completed after 22 weeks
PHASE 6 >6 months	Full	None	Full	Gradual return to sports participation after completion of FSA and clearance by MD

*Brace may be removed at night after first post-operative visit (day 7-14) if directed

*Same protocol applies for all graft choices