

## ACL Repair & All-Inside Meniscus Repair Post-op Physical Therapy Protocol

**\*Blood Flow Restriction (BFR) encouraged at all stages**

**Weeks 0-2                      Primary goals: Eliminate swelling; ROM – full extension;  
Regain quad control**

- 25% partial weight bearing with brace on and locked straight
- Brace locked in extension for sleep
- ROM as tolerated: 0-90, do not exceed 90 degrees
- Patella mobilization
- Ankle pumps, straight leg raise, quad sets, glut sets, hamstring stretch
- Sit to stand squats – 0-45
- BAPs – PWB, proprioception
- Swelling/effusion control

**Weeks 2-4                      Primary goals: Increase ROM; Increase total leg strength;  
Normalize gait**

- WBAT with brace, crutches until gait control, discontinue crutches as progress
- Unlock brace for ambulation with return of active straight leg raise
- ROM 0-90 degrees
- Emphasize patellar mobilization
- Stationary bike
- Step ups: anterior – 4 inches @ 2 weeks; 6 inches @ 3 weeks
- Balance board – Bilateral: frontal and sagittal planes
- Half squats
- BAPs – FWB
- Unilateral stance
- Leg press – Bilateral 0-90<sup>0</sup>

**Weeks 4-6                      Primary goals: Normal ADLs; Increase functional capacity;  
Increase strength**

- Discontinue brace (per quad status) and achieve full flexion

- Treadmill walking (if gait normal)
- Stairmaster – ipsilateral rotation and straight
- Mini squats – bilateral
- Step ups – Anterior: 8 inches
- Step ups – Anteromedial: 8 inches
- Step downs – Anterior & medial: 4 inches, progress to 8 inches
- Hamstring curls
- Unilateral squats
- Unilateral stance on trampoline
- Leg press – unilateral

**Weeks 6-12                    Primary goals: Increase functional leg strength; Normalize balance and proprioception**

- 2# ball toss on trampoline – unilateral stance – increase dispersion with improved control
- Balance board – unilateral – sagittal & frontal
- Step downs – posterolateral @ 8 inches
- Lunges – anterior and lateral for distance and speed (not depth)
- Increase strengthening especially in frontal and transverse planes
- Stairmaster – contralateral rotation and straight
- Sliding board
- Emphasize eccentric quad
- Continue closed chain, step ups, mini squats, leg press
- Hip abduction/adduction, calf raises

**Weeks 12-16                    Primary goals: Increase agility and speed of training; Normalize strength; Increase muscular endurance**

- Initiate running program
- Initiate plyometrics
- Sport specific training
- Sliding board side-side with rotation
- Lunges – anterolateral, anteromedial
- Bilateral hopping – low intensity/high volume
- Fitter side-side

**Months 4-5                    Primary goals: Gradual return to athletic activity; Discharge into home program**

- Jumping
- Unilateral hopping
- Agility drills; running, cutting
- Accelerate sport specific drills/training