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ACL Reconstruction w/ Meniscus Repair Rehab Protocol

Range of Motion

0-90 weeks 1-2

0-120 weeks 3-4

Full ROM week 5 and beyond

No deep squatting or sitting cross-legged x 4 months

BRACE SETTINGS

Locked in full extension x 2 weeks

Then, as above

Weight Bearing Status

NWB with crutches x 6 weeks (to allow meniscus to heal), then full WBAT

X = Perform exercise

	Week													
Initial Exercises	**1**	**2**	**3**	**4**	**5**	**6**	**7**	**8**	**9**	**10**	**12**	**16**	**20**	**24**
Flexion/Extension - wall slides	X	X	X	X	X	X	X	X						
Flexion/Extension – seated	X	X	X	X	X	X	X	X						
Patella/Tendon mobilization	X	X	X	X	X	X	X	X						
Extension mobilization	X	X	X	X	X	X	X	X						
Quad series	X	X	X	X	X	X	X	X						
Hamstring sets							X	X	X	X				
Sit and reach for hamstrings - gentle	X	X	X	X	X	X	X	X	X	X				
Ankle pumps	X	X	X	X	X	X	X	X	X	X				
Toe and heel raises							X	X	X	X				
Balance series								X	X	X	X	X	X	X
Cardiovascular Exercises	**1**	**2**	**3**	**4**	**5**	**6**	**7**	**8**	**9**	**10**	**12**	**16**	**20**	**24**
Bike/Rowing with well leg	X	X	X	X	X	X	X	X						
Bike with both legs – no resistance							X	X	X					
Bike with both legs - resistance									X	X	X	X	X	X
Aquajogging									X	X	X	X	X	X
Treadmill – walking 7% incline									X	X	X	X	X	X
Swimming with fins										X	X	X	X	X
Elliptical trainer											X	X	X	X
Rowing											X	X	X	X
Stair stepper												X	X	X
Weight Bearing Strength	**1**	**2**	**3**	**4**	**5**	**6**	**7**	**8**	**9**	**10**	**12**	**16**	**20**	**24**
Double knee bends									X	X	X	X	X	
Double leg bridges									X	X	X			
Reverse lunge – static hold									X	X	X			
Beginning cord exercises									X	X	X			
Balance squats										X	X	X	X	X
Single leg deadlift										X	X	X	X	X
Leg press										X	X	X	X	X
Sports Test exercises											X	X	X	X
Agility Exercises	**1**	**2**	**3**	**4**	**5**	**6**	**7**	**8**	**9**	**10**	**12**	**16**	**20**	**24**
Running progression												X	X	X
Initial – single plane												X	X	X
Advance – multi directional													X	X
Functional sports test													X	X
High Level Activities	**1**	**2**	**3**	**4**	**5**	**6**	**7**	**8**	**9**	**10**	**12**	**16**	**24**	**28**
Golf												X	X	X
Outdoor biking, hiking												X	X	X
Skiing, basketball, tennis, football,													X	X

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soccer														