

### ACL Reconstruction (w/ meniscus repair)

#### PHASE I (0-2 weeks after surgery)

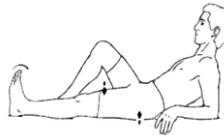
Goals	<ul style="list-style-type: none"> <li>• Decrease swelling</li> <li>• Gain flexion; limit to 90 degrees</li> </ul>
Precautions/Brace	<ul style="list-style-type: none"> <li>• Keep incision clean and dry</li> <li>• Brace ROM 0-90 degrees</li> <li>• 50% weight Bearing</li> </ul>
Exercises	<ul style="list-style-type: none"> <li>• Calf stretches</li> <li>• Ankle pumps, heel slides, quad sets, SLR (with brace in full extension until no extension lag)</li> <li>• Rolled towel under heel for extension stretch, 20min, 3x per day</li> </ul>
ROM Goals	<ul style="list-style-type: none"> <li>• Full extension and limit to 90 degrees flexion</li> </ul>



Ankle Pumps



Heel Slide



Quad Sets



Straight Leg Raise



Extension Stretch

#### PHASE II (2-6 weeks)

Goals	<ul style="list-style-type: none"> <li>• 90 degrees flexion</li> <li>• Minimal swelling</li> <li>• Quadriceps muscle control</li> </ul>
Precautions/Brace	<ul style="list-style-type: none"> <li>• 50% weight bearing</li> <li>• Brace unlocked to 90 degrees</li> <li>• Avoid open kinetic chain exercises (i.e. leg extension, leg curl)</li> </ul>
Exercises	<ul style="list-style-type: none"> <li>• Stationary Bike (no more than 90 degrees flexion)</li> <li>• Continue phase I exercises, Co-contraction isometric ab/adduction, patellar mobilization</li> <li>• 4-6 weeks progress to partial wall sits (no greater than 90 degrees flexion)</li> <li>• Core Strengthening</li> </ul>
ROM Goals	<ul style="list-style-type: none"> <li>• Full extension</li> <li>• Limit flexion to 90 degrees</li> <li>• 4-6 weeks: progress to full PROM as tolerated, limiting flexion to no more than 90 degrees</li> </ul>



Abduction



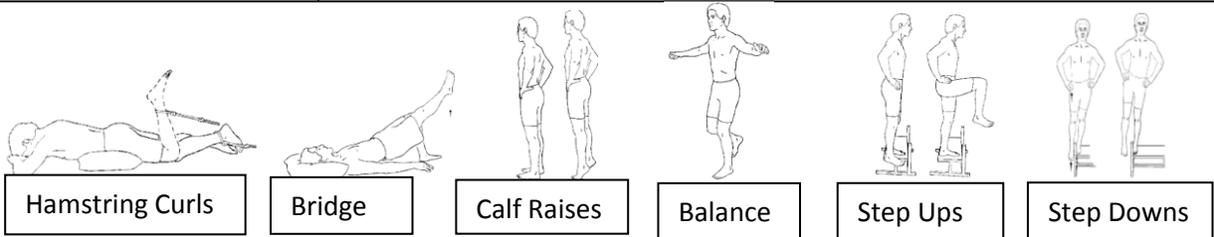
Adduction



Wall Sits

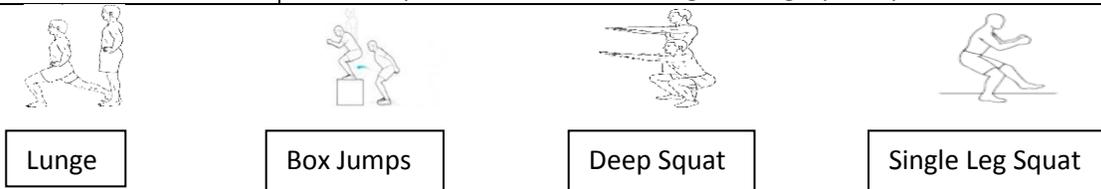
### PHASE III (6-12 weeks)

Goals	<ul style="list-style-type: none"> <li>• Increase Strength</li> <li>• Gain full and pain free ROM</li> </ul>
Precautions/Brace	<ul style="list-style-type: none"> <li>• Progress from partial WB to FWB with normalized gait pattern</li> <li>• Discontinue brace</li> </ul>
Exercises	<ul style="list-style-type: none"> <li>• Continue phase II exercises, progress to proprioception and closed chain strengthening</li> <li>• Stationary Bike</li> <li>• Begin hamstring strengthening (8 weeks)</li> <li>• Bridging, wall squats, calf raises, balance, hip abduction, step ups, advanced core, front and side planks</li> </ul>



### PHASE IV (3-6 Months)

Goals	<ul style="list-style-type: none"> <li>• Running and endurance speed</li> <li>• Single Leg Strength</li> <li>• Begin preparing for return to activity</li> </ul>
Precautions	<ul style="list-style-type: none"> <li>• Reduce activity if you notice an increase in swelling that is not manageable</li> <li>• Refrain from open chained leg extension</li> <li>• Must have good quad control before progressing to single leg hops, cutting, single leg agility</li> </ul>
Exercises	<ul style="list-style-type: none"> <li>• Stairmaster, elliptical, and straight ahead running at 12 weeks</li> <li>• Controlled jumping at 16 weeks, lunge and reverse lunge</li> <li>• Sprints, backward running, cutting, sport specific drills at 20 weeks</li> </ul>



### PHASE V (6 months +)

Goals	<ul style="list-style-type: none"> <li>• Return to sport</li> </ul>
Precautions	<ul style="list-style-type: none"> <li>• Must practice with full participation without pain or swelling before returning competitively</li> <li>• Must perform single leg squat without weakness (shaking)</li> <li>• No effusion and good quad control</li> </ul>
Exercises	<ul style="list-style-type: none"> <li>• Full participation</li> </ul>

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Sports Medicine