

## **Anterior Cruciate Ligament (ACL) Reconstruction With Meniscus Repair (Radial/Root) and Posterolateral Corner Reconstruction Postoperative Postoperative protocol**

### **Phase I – Maximum protection**

#### **Weeks 0–3:**

- Brace – 0-90 degrees for unloaded range of motion only
  - Recommend locking in extension during sleep
- Use two crutches NWB at all times for 6 weeks
- Limit knee flexion to 90 degrees for 3 weeks

#### **Goals**

- Reduce inflammation and pain
- 0 degrees of knee extension

#### **Exercise progression**

- Emphasize patellofemoral mobilizations
- Passive/active knee range of motion with 90-degree flexion limit
- Quadriceps setting emphasize VMO function
- Multi-plane straight leg raising
- Open chain hip strengthening
- Gait training

#### **Weeks 3–6:**

- Limit knee flexion to 120 degrees

#### **Goals**

- Reduce inflammation and pain
- Maintain 0 degrees of knee extension

### **Phase II – Progressive stretching and early strengthening**

#### **Weeks 6–8:**

- Brace – open to 0-90 degrees for ambulation; do not have to sleep in brace
- Continue using two crutches, with gradual progression of weight-bearing
  - Increase WB to FWB over next 2 weeks

#### **Goals**

- Full knee extension/hyperextension
- Gradual progression to full knee flexion
- No swelling
- Normal gait

#### **Exercise progression**

- Continue to emphasize patellar mobility
- Begin bilateral closed kinetic chain strengthening (limited range initially)
- Step-up progression
- Begin stationary bike with light resistance initially
- Proprioception drills

### **Phase III – Advanced strengthening and proprioception**

#### **Weeks 8–10:**

- Discontinue brace

#### **Goals**

- Full knee flexion and extension

Exercise progression

- Avoid rotational movements until 14 weeks
- Begin full gym strengthening program
- Advance stationary biking program (increase intensity)
- Introduce treadmill walking and elliptical trainer
- Begin unilateral closed kinetic chain program
- Gym strengthening progression (leg press above 90 degrees, hamstring curls, etc.)

**Weeks 10–12:**

Exercise progression

- Outdoor biking
- Lung progression (retro, walk and split) as indicated
- Forward/backward elevated treadmill walking

**Weeks 12–14:**

Administer preliminary functional test for physician to review

**Phase IV – Advanced strengthening and running progression**

**Weeks 12–20:**

Exercise progression

- Progress resistance with squat and lunge strengthening program
- Begin light plyometric drills; progress from bilateral to unilateral
- Begin linear jogging – week 16
- Progress to lateral and rotational stresses at 18 weeks
- Multidirectional drills at 18-20 weeks

**Phase V – Return to sport**

**Weeks 20–24:**

Exercise progression

- Advance ladder, hurdle and plyometric box progressions
- Sport-specific field/court drills
- Noncontact drills

Criteria to be released for return to sport

- Follow-up examination with the physician
- Pass return-to-sport functional test at >90% (involved vs. uninvolved limb)
- See testing protocol
- Display symmetry and confidence in high-speed cutting, multiplane plyometric drills, sprinting and decelerating