

ACL Reconstruction (BPTB Autograft), Lateral Meniscus Radial/Root Repair, LET (lateral extra-articular tenodesis), Medial Meniscus Ramp Repair

Name: _____

Dr: Matthew Rasmussen

Date: _____

● = Do exercise for that week

Week

ROM RESTRICTIONS

0-90° x 2 weeks
Then progress
as tol
(*AAROM
"hamstring
light" knee
flexion x 4
weeks)

BRACE SETTINGS

Immobilizer x 6
weeks

Weight Bearing status

NWB x 6 weeks

TIME LINES

Week 1 (1-7POD)
Week 2 (8-14POD)
Week 3 (15-21POD)
Week 4 (22-28POD)

Initial Exercises	1	2	3	4	5	6	7	8	9	10	12	16	20	24	
Seated foot slide knee flexion AAROM “HS light” x 4 weeks	<90°	>90° AAROM		AROM - progress to full gradually											
Heel prop knee extension stretch	●	●	●	●	●	●	●	●							
Ankle pumps + nerve glides	●	●	●	●	●	●	●	●							
Patella/Tendon mobilization	●	●	●	●	●	●	●	●							
Calf stretch with belt/strap	●	●	●	●	●	●	●	●							
Seated hamstring stretch	●	●	●	●	●	●	●	●							
Quad strength progressions	0° ISOs, SLR			60°ISO		70-30° arc - resisted					Full arc - resisted				
Multi-direction hip strength	No varus stress/ABD					Progress multi-direction as tolerated									
Hamstring strength progressions	No isolated, resisted HS beyond AROM knee flexion							ISOs, hip-based				Knee-based Resisted arc			
Bridging	Knees in extension over ball							Classic bridge progressions							
Cardiovascular Exercises	1	2	3	4	5	6	7	8	9	10	12	16	20	24	
Stationary Bike	NO					ROM only		Gradually progress intensity							
Swimming – light flutter kick	NWB							●	●	●	●	●	●	●	
Treadmill walking (no limp)									●	●	●	●	●	●	
Elliptical trainer											●	●	●	●	
Stair stepper												●	●	●	●
*NOTE FOR CARDIO	Must tolerate daily walking with no limp & no significant increase in pain/swelling prior to initiating WB cardio (walk, elliptical, stepper)														
Weight Bearing Strength	1	2	3	4	5	6	7	8	9	10	12	16	20	24	
Crutch weaning – return to FWB	NWB					●	●								
Marching into brief SLS							●	●	●	●	●	●	●		
SLS balance progressions								●	●	●	●	●	●	●	
Squat/Leg Press (ISO→reps, 2→1 leg)								0-45°		0-70°		>70°gradual			
Step-up/Lunge Progressions										ISOs		0-70°		>70°	
Dead lift (2→1 leg)										●	●	●	●	●	●
Band resisted directional stepping														●	●
Agility Exercises	1	2	3	4	5	6	7	8	9	10	12	16	20	24	
Initial – single plane agility	NWB												●	●	
Advance – multi directional agility															●
Return to run guidelines	*See back page of protocol														
Sport Performance (TRAC) Test	Baseline test: 4 months, F/u tests: 7 & 10 months														
High Level Activities	1	2	3	4	5	6	7	8	9	10	12	16	20	24	
Golf progression	NWB													●	
Outdoor recreation progressions															●
Return to sport progressions															●

****NMES & BFR Encouraged (per any contraindications)****

KEY PRECAUTIONS	No resisted hamstring curling through arc of motion x 4 months (meniscus) Limit squat depth to ≤70° x 4 months (meniscus), NO ER (cross-legged sitting) x 4 months (meniscus), Avoid aggressive twisting/pivoting x 6 months (ACL & meniscus)
ABBREVIATIONS	(ISO) isometric, (KF) knee flexion, (LAQ) long arc quad, (PRE) progressive resistance exercise, (SLR) straight leg raise, (TKE) band-resisted terminal knee extension