

ACL Reconstruction, Lateral Meniscus Root Repair

Name: _____

 Dr: Matthew Rasmussen

Date: _____

● = Do exercise for that week

Week

ROM RESTRICTIONS

 0-90° x 2 weeks
then progress
as tolerated
(*AAROM
"hamstring
light" knee
flexion x 6
weeks)

BRACE SETTINGS

 Immobilizer x 6
weeks then CTI
brace

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 knee ROM foot slides - "Hamstring Light" x 6 weeks	0-90°		>90°-still HS light				AROM - progress to full gradually									
ROM Goals	≈90° by 2 weeks, ≈120° by 6 weeks, full ROM by 10 weeks															
Ankle pumps	●	●	●	●	●	●										
Patella/Tendon mobilization	●	●	●	●	●	●	●	●								
Heel prop knee extension stretch	●	●	●	●	●	●	●	●								
Belt calf stretch, seated HS stretch	●	●	●	●	●	●	●	●								
Quad strength progressions	0° ISOs, SLR			60°ISO		70-30° arc - resisted					Full arc - resisted					
Hamstring strength progressions	No isolated, resisted HS (root)							ISOs, hip-based				Knee-based Resisted arc				
SLR hip ABD, ADD, Ext (brace on)			●	●	●	●	●	●	●	●						
Bridge in knee ext - calves over ball				●	●	●	●	●	●	●	●	●	●			
Cardiovascular Exercises	1	2	3	4	5	6	7	8	9	10	12	16	20	24		
Stationary bike	NWB					ROM only	Progress intensity & duration gradually									
Treadmill walking (no limp)										●	●	●	●	●		
Swimming – light flutter kick										●	●	●	●	●		
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 criteria	≥16 weeks post-op, YBT-Anterior ≤8 cm SSD, walk ≥1 mile no limp/no pain, Quad strength ≥70% LSI, ≥60% peak torque/BW															
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 biking, hiking, snowshoeing																●
Return to sport progressions																

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

PRECAUTIONS	NO resisted HS curls through arc of motion, cross-legged sitting, or squatting >70° x 4 months (root repair precautions)
ABBREVIATIONS	(HS) hamstring, (ISO) Isometric, (KF) knee flexion, (NWB) Non-weight bearing, (PRE) progressive resistance exercise, (SAQ) short arc quad, (SLR) straight leg raise, (SLS) single leg stance, (TKE) terminal knee extension