

**Tristan Juhan, MD**

Orthopedic Surgeon

Office: 408-412-8100

Email: tjuhan@goldenstateortho.com

Website: tristanjuhanMD.com



## ACL RECONSTRUCTION with ALL INSIDE MENISCUS REHABILITATION PROTOCOL

	<b>WEIGHT BEARING</b>	<b>BRACE</b>	<b>ROM</b>	<b>EXERCISES</b>
<b>PHASE I</b> 0-4 weeks	Wks 0-2: Full in Brace locked in extension  Wks 2-4: Full in Brace unlocked 0-90	Wks 0-2: Locked in full extension for sleeping and all activity*  Wks 2-4:: Unlocked 0-90  Off at night	Wks 0-2: 0-90° when nonweight bearing  Wks 2-4: As tolerated	Heel slides, quad/hamstring sets, patellar mobs, gastroc/ soleus stretch  SLR w/ brace in full extension until quad strength prevents extension lag  <b>No weight bearing with flexion &gt;90°</b>
<b>PHASE II</b> 4-12 weeks	Full, progressing to normal gait pattern	Wks 4-6: Unlocked 0-90 deg  Off at night  Discontinue brace at 6 weeks	Main full extension and progressive flexion	Progress Phase I  Begin toe raises, closed chain quads, balance exercises, hamstring curls, stationary bike, step-ups, front and side planks, hip/glute/core, pool <b>Wks 4-6:</b> <b>No weight bearing with flexion &gt;90°</b>
<b>PHASE III</b> 12-16 weeks	Full, without use of crutches and with a normalized gait pattern	None	Gain full and pain-free	Advance closed chain strengthening, progress proprioception activities  Begin stairmaster, elliptical and running straight ahead
<b>PHASE IV</b> 16-24 weeks	Ful	None	Full and pain- free	<b>16 wks:</b> Begin jumping  <b>20 wks:</b> Advance running to sprinting, backward running, cutting/pivoting/changing direction, initiate plyometric program and sport-specific drills  <b>22 wks:</b> Advance as tolerated FSA completed at 22 wks***
<b>PHASE V</b> > 6 months	Ful	None	Full and pain- free	Gradual return to sports participation after completion of FSA  Maintenance program based on FSA

\*Modified with concomitantly performed meniscus repair/transplantation or articular cartilage procedure \*\*Brace may be removed for sleeping after first post-operative visit (day 7-10)

\*\*\*Completion of FSA (Functional Sports Assessment) not mandatory, but recommended at approx 22 wks post-op for competitive athletes returning to play after rehab

