

Tristan Juhan, MD

Orthopedic Surgeon

Office: 408-412-8100

Email: tjuhan@goldenstateortho.com

Website: tristanjuhanMD.com



ACL RECONSTRUCTION WITH BUCKET HANDLE/ ROOT MENISCAL REPAIR REHABILITATION PROTOCOL

	WEIGHT BEARING	BRACE	ROM	EXERCISES
PHASE I 0-4 weeks	0-2 weeks: Toe touch weight Bearing 2-4 weeks: 50% WB with crutches	Locked in full extension for sleeping and all activity* Off for exercises and hygiene eeks	0-90° when nonweight bearing	Heel slides, quad/hamstring sets, patellar mobs, gastroc/soleus stretch SLR w/ brace in full extension until quad strength prevents extension lag Side lying hip/core No weight bearing with flexion >90°
PHASE II 4-12 weeks	Weeks 4-6: 50% WB with crutches Full, progressing to normal gait pattern	2-6 weeks: Unlocked 0-90° Off at night Discontinue brace at 6 wks	week 4- 6: 0-90° when nonweight bearing 6 weeks + FULL ROM	Progress to weight bearing gastroc/soleus stretch Begin toe raises, closed chain extension, balance exercises, hamstring curls, stationary bike, step-ups, front and side planks
PHASE III 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 at 12 weeks, hip/core, pool
PHASE IV 16-24 weeks	Full	None	Full and pain-free	16 wks: Begin jumping 20 wks: Advance running to sprinting, backward running, cutting/pivoting/changing direction; initiate plyometric program and sport-specific drills 22 wks: Advance as tolerated FSA completed at 22 wks***
PHASE V > 6 months	Full	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

