

REHABILITATION PROTOCOL OVERVIEW: ACL RECONSTRUCTION, MINOR MENISCUS REPAIR

| | Phase 0 Preparing for Surgery | Phase 1: Restoring Activities of Daily Living | | | | Phase II: Strength/Balance | Phase III: Strength/Agility |
|---------------------------------|--|--|------------------------------|---|------------------------------|--|---|
| | | <ul style="list-style-type: none"> Maximum Graft Protection Regain Motion Normalizing ADL's | | | | <ul style="list-style-type: none"> Moderate Graft Protection Regain Strength Regain Proprioception Normalize Movements | <ul style="list-style-type: none"> Minimal Graft Protection Regain Strength Regain Agility Returning to Sport |
| | | Week 0 | Weeks 1-2 | Weeks 2-4 | Weeks 4-6 | Months 1.5-7.5 | Months 7.5 - 9 |
| Ideal # PT Visits | 2 x a week | 3 x a week | 3 x a week | 3 x a week | 3 x a week | 2 x a week until 12 weeks, then 1 x a week to 1 every other week | 2 x a week |
| Injury/Surgery Swelling | Target Resolution | Target Resolution | Target Resolution | Target Resolution | Target Resolution | | |
| Range of Motion | Restore 0-120 | Advance with No Restrictions | Advance with No Restrictions | Advance with No Restrictions | Advance with No Restrictions | | |
| Weight Bearing | Full Weight Bearing with Crutches Optional | Toe Touch Weight Bearing | Toe Touch Weight Bearing | Two Week Crutch Weaning Protocol | Full Weight Bearing | | |
| Hinged Knee Brace | Only if Confidence Requires | Locked While Block Active; Unlock after Block 0-90 | Unlocked 0-90 Degrees | Wean As Tolerated Goal: 12 SLR's without Lag | Only if Confidence Requires | | Functional ACL Brace As Returning to Full Contact Sport |
| Proprioception | | | | ★ | ★ | ★ | ★ |
| Functional Movements | | | | ★ | ★ | ★ | ★ |
| Strengthening | | | | ★ | ★ | ★ | ★ |
| Swimming Like Activities | | | | | | Begin at 3 Months | ★ |
| Jogging Like Activities | | | | | | Begin at 5-6 Months | ★ |
| General Agility | | | | | | | Begin at 7.5 Months |
| Sport Specific Agility | | | | | | | Begin at 8 Months |

This Protocol is Designed to Protect and Optimize Recovery and Reduce the Risk of Reinjury:

- Patients who return to level I sports have a 4.32 times higher injury rate than those who do not.
- Re-injury rates are reduced by 51% for each month RTS is delayed until 9 months after surgery.
 - After 9 months, no further risk reduction is observed