

ACL Reconstruction with Bone Patellar Tendon Bone Autograft and Meniscal Repair

General

Passive range of motion from 0-90 for 6 weeks, then progress to full range of motion

Brace locked in extension for ambulation only for 6 weeks

Stitches assessed and removed in clinic within 7-14 days

Week 0-1

CPM 0-30 and advance to 0-90 as tolerated	Ankle pumps
Wall slides	Quad sets with straight leg raises
Prone hangs	Hamstring sets
Patellar mobilization	Modalities as necessary to decrease swelling

Weeks 1-2

Continue week 1 activities Toe raises/heel raises

Weeks 2-6

Continue week 2 activities Achilles and calf stretching

Terminal 1/3 knee bends

Weeks 6-10

Treadmill 7% walk	Stationary bike with both legs with increased gradual resistance
Double knee bends	
Swimming with fins	

Weeks 10-12

Single knee bends	Rowing/erg machine
Quads-specific strengthening exercises	Outdoor biking

Week 12

Return to run program = elliptical → treadmill → outdoor running

Leg press to 90° with weights

Leg curls with no hyperextension

Week 16

Sport-specific training with gradual return to agility exercises

6 months = Return to sports