

ACL Reconstruction with Hamstring Tendon Autograft and Meniscal Repair

General

Full passive range of motion
Brace locked in extension for ambulation only for 6 weeks
Stitches assessed and removed in clinic within 7-14 days

Weeks 0-1

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| CPM 0-30 and advance to 0-90 as tolerated | Ankle pumps |
| Extension/flexion—wall slides, prone hangs | Quad sets with straight leg raises |
| Patellar mobilization | Modalities as necessary to decrease swelling |

Weeks 1-2

Continue week 1 activities Toe/heel raises
Hamstring sets

Weeks 2-6

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| Continue week 2 activities | Terminal 1/3 knee bends |
| Achilles, calf and hamstring stretching (sit and reach with towel) | Stationary bike with both legs with gradual increased resistance |

Weeks 6-10

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| Treadmill 7% walk | Double knee bends |
| Quads-specific strengthening exercises | Swimming with fins |

Weeks 10-12

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| Single knee bends | Outdoor biking |
| Rowing/erg machine | |

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