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## ACL RECONSTRUCTION & MENISCUS REPAIR POSTOPERATIVE REHABILITATION PROTOCOL

### Phase 1: 0-2 Weeks (Surgery to first postoperative visit)—**NWB, ROM 0-90**

- **Weightbearing:** Non-weightbearing
    - Touch-down weight bearing (0%) with brace locked in extension (**Weeks 0-2**)
  - **Hinged Knee Brace:** worn for 6 weeks post-op
    - Locked in full extension for ambulation (weeks 0-4) and sleeping – remove for hygiene and PT
    - Unlocked for ambulation and sleeping (**Weeks 4-6**) – remove for hygiene and PT
  - **Range of Motion:** AAROM → AROM as tolerated
    - **Weeks 0-4:** No flexion greater than 90°
  - **Therapeutic Exercises:**
    - Patella mobilization
    - Straight leg raise supine with brace locked at 0 degrees, Quad Sets
    - Ankle Pumps
    - Short crank (90mm) ergometry
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### Phase 2: 2-6 Weeks (First postoperative visit to 2<sup>nd</sup>)—**Progressive Weightbearing,**

- **Weightbearing:**
  - **Weeks 2-4:** Partial weight bearing (25%) as tolerated with brace locked in extension
  - **Weeks 5-6:** Partial weight bearing (50%) as tolerated with brace unlocked
- **Hinged Knee Brace:** worn for 6 weeks post-op
  - Locked in full extension for ambulation (weeks 0-4) and sleeping – remove for hygiene and PT
  - Unlocked for ambulation and sleeping (**Weeks 4-6**) – remove for hygiene and PT
- **Range of Motion:**
  - **Weeks 2-4:** 0-90 degrees
  - **Weeks 5-6:** 0-125 degrees (Maintain full extension, work on progressive knee flexion)
- **Therapeutic Exercises:**

- Closed chain extension exercises
  - Active knee extension from 40 degrees
  - Standard (170mm) ergometry (if knee ROM > 115 degrees)
  - Leg Press (80-0 degree arc)
  - Mini Squats / Weight Shifts
  - Proprioception and balance training
  - Initiate Step Up program
    - Includes beginning use of stationary bicycle at ~ 5-6 weeks.
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### Phase 3: 6-14 Weeks (2<sup>nd</sup> Postoperative visit to 3<sup>rd</sup>)—**WBAT, ROM As Tolerated**

- **Weightbearing:** Full Weightbearing, no brace
  - **Range of Motion:** Full, painless ROM
  - **Therapeutic Exercises:**
    - Advance closed chain strengthening exercises, proprioception activities
    - Begin use of Stairmaster/Elliptical
    - Retrograde treadmill ambulation
    - Progressive Squat program
    - Initiate Step-Down program
    - Versaclimber/Nordic Track
    - Leg Press, Lunges
    - Isotonic Knee Extensions (90-40 degrees, closed chain preferred)
    - Agility exercises (sport cord)
    - **Can start straight ahead running at 12 weeks**
      - Begin forward running (treadmill) program when 8" step down satisfactory
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### Phase 4: 14 weeks-6 months (3<sup>rd</sup> postoperative visit and beyond)—**Sports-Specific Drills**

- **Weightbearing:** Full Weightbearing, no brace
  - **Range of Motion:** Full, painless ROM
  - **Therapeutic Exercises:**
    - Advance Sports-Specific Agility Drills
    - Start Plyometric program
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### Phase 5: 6-10 months: **Gradual Return to Sport**

- Maintenance Program Strengthening & Flexibility program
- 22 weeks: Advance Plyometric program
- **Gradual return to sport/athletic activity (MD directed)**
  - **Typically, 10-12 months**