

ACL HAMSTRING AUTOGRAFT RECONSTRUCTION WITH MENISCUS REPAIR

Name: _____

Diagnosis: _____

Date of Surgery: _____

Frequency: 1 2 3 4 times / week Duration: 1 2 3 4 5 6 Weeks

____Weeks 0-2:

- WBAT – d/c crutches when comfortable
- ROM from 0-90 with brace with emphasis on full extension
- Heel slides, quad sets, patellar mobs, ankle pumps
- Straight leg raises (without brace when able to SLR without extension lag)

____Weeks 3-6:

- Continue exercises from weeks 0-2
- Unrestricted ROM, however no weight bearing past 90 degrees flexion
- D/c brace when patient has no extension lag and quad control enough for stable ambulation
- Mini-squats, weight shifts, initiate step up program
- Closed chain knee extension, stationary bike, weight bearing gastroc/soleus stretch
- Proprioceptive training
- Avoid tibial rotation

____Weeks 7-12:

- Advance closed chain strengthening and bike exercises
- Normalize gait pattern
- Progressive squat program
- Initiate step down program
- Leg press and lunges (start initially with body weight only)

____Months 3-4:

- Begin forward running in straight line (no cutting/pivoting) when 8" stepdown adequate
- Progress strengthening and flexibility exercises

____Months 4-6:

- Start plyometric exercises
- Start sports specific agility program

Signature _____

Date: _____