

# Dr. Matthew R. Byington

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Sports Medicine & Arthroscopic Surgery // Knee & Shoulder Reconstruction

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## REHABILITATION GUIDELINES: ACL Reconstruction (Hamstring) with Meniscus Repair

	WEIGHT BEARING	BRACE	ROM	EXERCISES
<b>PHASE I</b> 0-2 weeks	Toe Touch WB	Locked in full extension for sleeping and all activity Off for exercises and hygiene	Okay to unlock brace from 0-90° <b>when non-weight bearing for a couple hours daily</b>	Heel slides, quad sets, patellar mobs, SLR, SAQ** <b>No weight bearing with flexion &gt;90°</b>
<b>PHASE II</b> 2-6 weeks	<b>2-4 weeks:</b> Partial Weight Bear w/ brace on  <b>4-6 weeks:</b> Full w/ brace on <b>No weight bearing with flexion &gt;90°</b>	<b>2-6 weeks:</b> Unlocked 0-90°  <b>3 weeks:</b> Brace off at night	As tolerated	Addition of heel raises, total gym (closed chain), terminal knee extensions**  Activities w/ brace until 6 weeks; then w/o brace as tolerated <b>No weight bearing with flexion &gt;90°</b>
<b>PHASE III</b> 6-12 weeks	Full, progressing to normal gait pattern	<b>Discontinue brace at 6 weeks</b>	Main full extension and progressive flexion	Progress Phase I  Begin toe raises, closed chain quads, balance exercises, hamstring curls, stationary bike, step-ups, front and side planks, hip/glute/core, pool
<b>PHASE IV</b> 12-20 weeks	Full	None	Full	Progress Phase III exercises and functional activities: single leg balance, core, glutes, eccentric hamstrings, elliptical, and bike  Swimming okay at 12 wks  Advance to sport-specific drills and running/jumping after 16 wks once cleared by MD
<b>PHASE V</b> > 6 months	Full	None	Full and pain-free	Gradual return to sports participation after completion of FSA  Maintenance program based on FSA