

KNEEbraska

Dr. Matthew R. Byington

Orthopaedic Surgeon – Board Certified

Sports Medicine & Arthroscopic Surgery // Knee & Shoulder Reconstruction

Prairie Orthopaedic & Plastic Surgery: 4130 Pioneer Woods Drive, Suite 1, Lincoln, 68506

Phone: (402) 489-4700; Fax: (402) 489-5220;

www.KNEEbraska.com //www.drmatbvinton.com // www.prairie-ortho.com

KNEEbraska

REHABILITATION GUIDELINES: ACL Reconstruction (Hamstring) with Meniscus Repair

	WEIGHT BEARING	BRACE	ROM	EXERCISES
PHASE I 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° when non-weight bearing for a couple hours daily	Heel slides, quad sets, patellar mobs, SLR, SAQ** No weight bearing with flexion >90°
PHASE II 2-6 weeks	2-4 weeks: Partial Weight Bear w/ brace on 4-6 weeks: Full w/ brace on No weight bearing with flexion >90°	2-6 weeks: Unlocked 0-90° 3 weeks: 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 No weight bearing with flexion >90°
PHASE III 6-12 weeks	Full, progressing to normal gait pattern	Discontinue brace at 6 weeks	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
PHASE IV 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
PHASE V > 6 months	Full	None	Full and pain-free	Gradual return to sports participation after completion of FSA Maintenance program based on FSA