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**ACL RECONSTRUCTION WITH MENISCAL REPAIR      REHABILITATION PROTOCOL**

	<b>WEIGHT BEARING</b>	<b>BRACE</b>	<b>ROM</b>	<b>EXERCISES</b>
<b>PHASE I</b> 0-2 weeks	TTWB with crutches	locked in full extension for gait, activity and sleeping*  Off for exercises & hygiene	0-90 degrees when NWB	Heel slides, quad sets, patellar mobilizations, SLR, SAQ  <b>No weight bearing with flexion &gt;90 degrees.</b>  <b>Avoid tibial rotation x 8 weeks to protect meniscus</b>
<b>PHASE II</b> 2-8 weeks	<b>2-6 weeks:</b> TTWB with crutches  <b>6-8 weeks:</b> progress to FWB	2-8 weeks: locked 0-90 degrees. Off at night  D/c brace by 8 weeks when gait normalized	As tolerated, proceed with caution when flexion > 90 degrees	2-6 weeks: add sidelying, floor based quads/hamstrings/core; advance stretching  6-8 weeks: add heel raises, CKC, normalize gait, eccentric quads/hamstrings, advance core  Activities with brace on until 6 weeks  NO weight bearing with flexion >90 degrees
<b>PHASE III</b> 8-12 weeks	Full	NA	Full and painfree	Progress CKC Begin hamstring work, lunges, leg press 0-90 degrees, balance/core/hip
<b>PHASE IV</b> 12-16 weeks	Full	NA	Full and painfree	Progress Phase III; SLS work, core, glutes, eccentric hamstrings  Stationary bike at 12 weeks, low resistance  Swimming at 12 weeks
<b>PHASE V</b> 16-24 weeks	Full	NA	Full and painfree	Elliptical& straight ahead running at 16 weeks, jumping after 18 weeks  >20 weeks: advanced work(sprints, backward running, cutting/pivoting. Initiate plyometrics & sport-specific drills
<b>PHASE VI</b> >6 months	Full	NA	Full	Gradual return to sports; maintenance program when cleared by surgeon

\*Brace may be removed for sleeping after first post-op visit (day 10-14)