

# Centers for Advanced Orthopedics

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## ACL ALLOGRAFT RECONSTRUCTION WITH MENISCUS REPAIR REHABILITATION PROTOCOL

	WEIGHT BEARING	BRACE	ROM	THERAPEUTIC EXERCISES
<b>PHASE I</b> <b>0 - 2 weeks</b>	Toe touch with crutches*	<b>0-2 weeks:</b> locked in full extension for ambulation and sleeping	0-90° Goal: Full Ext.	Heel slides, quad/hamstring sets, patellar mobs, prone hangs, gastroc/soleus stretch***, stationary cycling no resistance, SLR with brace in full extension until quad strength prevents extension lag, No active extension against gravity
<b>PHASE II</b> <b>2 - 6 weeks</b>	Toe touch with crutches	<b>2-6 weeks:</b> 0-90	0-90° Goal: Full Ext.	Touch down weight bearing to protect meniscus repair gastroc/soleus stretch, begin toe raises, closed chain ext. balance exercises, hamstring curls and stationary bike No active extension against gravity
<b>PHASE III</b> <b>6 weeks - 4 months</b>	Full, without use of crutches and with a normalized gait pattern	None	Gain full and pain-free	Advance closed chain strengthening, progress proprioception activities
<b>PHASE IV</b> <b>4 - 6 months</b>	Full	None	Full and pain-free	Progress flexibility/strengthening, progression of function: May add open chain quad exercises Start straight ahead running 5-6 months. May change based on functional testing results.
<b>PHASE V</b> <b>6 months and beyond</b>	Full	None	Full and pain-free	Addition of sport specific/cutting drills Continuation of global athletic strengthening/edurance Clearance to full sport participation 9-12 months with 90% functional testing of contralateral leg

\*Modified with concomitantly performed meniscus repair/transplantation or articular cartilage procedure

\*\*\*This exercise is to be completed in a non-weight bearing position