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**ACL REHAB PROTOCOL**  
**MENISCAL REPAIR**

Patient\_\_\_\_\_   
 D.O.S.\_\_\_\_\_

	WEEK 1 Begins DOS	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	MONTH 3	
<b>WEIGHT BEARING</b>	0%	5%	25%	50%	75%	100% 2 crutches	100% d/c crutches		Decrease frequency of PT as tolerated. Continue with all exercises for strength, endurance and proprioception.	
<b>BRACE SETTINGS</b>	10/10	10/10	20/80	10/90	0/100	0/120	0/120	D/C brace		
<b>PROM Goals</b>	0-70 with brace	0-90 without brace	0-100	0-120	0-130	0-140	FULL	FULL		
<b>AROM Goals</b>	NONE	30-75	30-90	20-100	10-FULL	FULL	FULL	FULL	<b>MONTH 4-5</b> Functional bracing per MD for work and high level functional activities. 70% quad strength and no pain. Begin progressive running program. Progress agility as tolerated. Intitiate jumping program with brace.	
<b>PT visits/wk</b>	NONE	2-3	2-3	2-3	2-3	2-3	2-3	2-3		
<b>SHOWER</b>	NO	WITH BRACE	W/O BRACE		Sleep w/o brace					
<b>EXERCISES</b>	QUAD SETS SLR's w/brace	QUAD SETS SLR's w/brace	QUAD SETS SLR's no brace	KNEE EXTENSION OKC (90-40) (100-40) single leg (initiate as AA or AROM)						<b>MONTH 6</b> Brace for activity. Pass functional tests. Quad and Ham strength should be 90%. Full jumping and plyometric program.
Any Questions?	<b>Note:</b>		Patellar Mobs							
			Multi-hip isotonic							
Please contact:	*PT visits/wk may vary		Ham curls	Ham Curls /2 legs						
Northwoods Therapy Associates	*individual ex progression may vary		ACT or A/Assist							
	*FOLLOW MD's INSTRUCTIONS		BAPS							
	* Avoid deep squats and kneeling for 4-5 months.		Bike	outdoors--no hills						
	* Avoid squatting deeper than 90° due to meniscus repair		Closed Kinetic Chain ex per WB & ROM guidelines, TKE, overball, tubing							
			Total Gym, partial squats per WB & ROM guidelines (avoid deep squats >90° for 4-5 months)							
			Heel raises			Leg press double leg progress to single leg				
			Treadmill Walking				Resisted Amb			
			Dynamic Balance Ex				Light agility at walking speed Advance open/closed activity ex Swimming Stairmaster			
June 2014	**Microfracture Repair(Large condylar defect) follow protocol <b>except</b> non-weight bearing through week 6, then 50% week 7, 75% week 8, etc. **									

