

Jay F. Deimel, MD

ORTHOPAEDIC SURGERY

SPORTS MEDICINE

KNEE ACL RECONSTRUCTION with MENISCUS REPAIR POST OPERATIVE PHYSICAL THERAPY PROTOCOL

Brace:

- Week 0-2: Locked in full extension (remove for PT/washing)
- Week 2-6: Post-op hinged knee brace: unlocked from 0-70 deg (except for PT/washing).
Brace locked in full extension when walking.
- After wk 6: Discontinue brace.

Weight Bearing:

- Week 0-4: TDWB (touch-down weight bearing), crutches, in knee brace locked in full extension.
- Week 4-6: WBAT (weight bearing as tolerated), discontinue crutches; brace is still locked in full extension.
- After wk 6: WBAT without brace, discontinue crutches.

ROM:

- Week 0-2: CPM: goal of 6-8 hours/day (some patients tolerate night-time)
*start at 10-40 deg, increase 5-10 degrees each day to max: 0-90 deg
Physical Therapy: AAROM flexion sitting; PROM extension to 0 deg
- After wk 2: discontinue CPM. AROM flexion to goal of 130 deg (full ROM by wk 6).

Exercise:

- Week 0-2: ankle pumps, quad sets, SLR, patellar mobilizations, standing hamstring curls (only if not painful)
- Week 2-6: stationary bike (low resist), hamstring curls, progressive quad resistance (shuttle), 4-way hip exercises
- Week 6-12: increase resistance exercises, calf raises, swimming (no egg-beater), biking
- Week 12-16: leg press, half-squats, agility training, half-speed jogging (level surface)
- Month 4-6:** jogging, biking, swimming, light tennis and golf, increase agility drills
- Month 6-9:** return to full activities and contact sports as directed by MD and therapist.

***Please direct questions to Dr. Deimel and his team at 814-454-2401.**