



Michael Knesek MD

Phone: 219-795-3360 Fax: 219-756-6500

**ACL BONE TENDON BONE REHAB PROTOCOL
With MENISCAL REPAIR**

<u>GENERAL</u>	Passive ROM 0-90 for 6 weeks than full Brace locked in extension for ambulation for 6 weeks
<u>WEEK 1</u>	CPM 0-30 and advance to 0-90 as tolerated Wall slides Prone hangs Patellar Mobilizations Ankle pumps Quad Sets with straight leg raises Hamstring Sets
<u>WEEK 2</u>	Same as week 1 Toe raises/heel raises Biking with both legs
<u>WEEK 3</u>	Same as week 2 Terminal 1/3 knee bends Achilles and calf stretch
<u>WEEK 7</u>	Treadmill 7% walk Double knee bends Swimming with fins
<u>WEEK 10</u>	Single knee bends Rowing Forward and backward jogging Outdoor biking
<u>MONTH 3</u>	Agility Exercises Stairmaster Leg press to 90° with weights Leg curls with no hyperextension Transition to ACL stabilization brace
<u>6 MONTHS</u>	Return to Sports