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Sports Medicine

Shoulder, Elbow & Knee Arthroscopy

Shoulder Replacement Surgery

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**Post-Operative Rehabilitation Guidelines for ACL Reconstruction  
with Meniscal Repair (All Inside)**

**0-2 Weeks:**

- NWB, Brace locked at 0 degrees for ambulation and sleeping
- CPM 0-40 deg POD1
  - Increase 10 degree per day as tolerated to max of 90 deg flexion
- ROM: 0-90° with emphasis on full extension
- Patella mobilization
- SLR supine with brace locked at 0 degrees, Quad Sets
- Ankle Pumps
- Short crank (90mm) ergometry

**2-6 Weeks:**

- TTWB week 2-4, PWB week 4-6
- No weight bearing past 90° for ACL with meniscal repair
- D/C crutches when gait is non-antalgic (two weeks with meniscal repair)
- ROM: 0-125 degrees (Maintain full extension)
- Active knee extension to 40 degrees
- Standard (170mm) ergometry (when knee ROM > 115 degrees)
- Leg Press (80-0 degree arc)
- Mini Squats / Weight Shifts
- Proprioception training
- Initiate Step Up program
- Avoid Tibial Rotation until 6 weeks

**6-14 Weeks:**

- WBAT
- D/C Brace and wean from crutches as quad strength permits
- Progressive Squat program
- Initiate Step Down program
- Leg Press, Lunges
- Isotonic Knee Extensions (90-40 degrees, closed chain preferred)
- Agility exercises (sport cord)
- Versaclimber/Nordic Track

- Retrograde treadmill ambulation

**14-22 weeks:**

- Begin forward running (treadmill) program when 8" step down satisfactory
- Continue Strengthening & Flexibility program
- Advance Sports-Specific Agility Drills
- Start Plyometric program

**> 22 weeks:**

- Advance Plyometric program, Return to Sport (MD Directed)
  - \*\*May require Functional Sports Assessment (FSA) 5-6 months post op for clearance to return to sport