

ACL Reconstruction With Meniscus Repair That Is Not Stable To Weight Bearing (Root Or Radial Tear Repairs)

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PHASE	WEIGHT BEARING	BRACE	RANGE OF MOTION	EXERCISES
<p>PHASE I 0-2 weeks</p>	<p>TTWB for 6 weeks</p>	<p>Locked in full extension for sleeping and all activity. Off for exercises and hygiene ok</p>	<p>0-30° PROM</p>	<p>Heel slides, quad sets, patellar mobs, SLR, short arc quad. PROM. Isometrics, ankle pumps Patient should avoid tibial rotation until 6 weeks No weight bearing with flexion >90° until 10 weeks postop</p>
<p>PHASE II 2-6 weeks</p>	<p>TTWB for 6 weeks</p>	<p>2-4 weeks: Unlocked 0-60 ° Off at night @4wks 4-6 weeks: Unlocked 0-90 °</p>	<p>0-60° PROM from weeks 2-4 Then 90° ROM and the progress motion as able in therapy</p>	<p>Addition of heel raises, total gym (closed chain), terminal knee extensions Patient should avoid tibial rotation until 6 weeks No weight bearing with flexion >90° until 10 weeks postop</p>

PHASE	WEIGHT BEARING	BRACE	RANGE OF MOTION	EXERCISES
PHASE III 6-10 weeks	At 6 weeks begin PPWB over 2-4 weeks. Goal of full WB by 8-10 weeks.	Ok to discontinue brace after 6 weeks pending quad control	Progress to full by 8-10 weeks.	Continue Phase II Exercises. Activities w/ brace until 6 weeks; then w/o brace as tolerated. Stationary bike no resistance No weight bearing with flexion >90° until 10 weeks postop
PHASE IV 10-24 weeks	Full	None	Full	Progress closed chain activities Begin hamstring work, lunges/leg press 0-90 °, proprioception exercises, balance/core/hip/glutes. Swimming Begin stationary bike w resistance.
PHASE V 14-20 weeks	Full	None	Full	Progress exercises and functional activities: single leg balance, core, glutes, eccentric hamstrings, elliptical, and bike
PHASE VI > 20 weeks	Full	None	Full	Advance to sport-specific drills and running/jumping once cleared by MD