## Rehabilitation Protocol: Combined Anterior Cruciate Ligament (ACL) Reconstruction and Meniscal Repair

Name:	Date:
Diagnosis:	Date of Surgery:
<ul> <li>Hinged Kr</li> <li>Range of I</li> <li>Therapeu</li> <li>No</li> <li>Qu</li> <li>He</li> <li>No</li> </ul>	aring: Partial weight bearing (50%) as tolerated with brace locked in full extension nee Brace: Locked in full extension for ambulation and sleeping Motion: No flexion greater than 90 degrees atic Exercises deep bends for first 4 months ad/Hamstring sets ael slides on-weightbearing stretch of the Gastroc/Soleus
Phase II (Wee  • Weightbe • Hinged Kr extension • Range of I • Therapeu	<b>aring:</b> As tolerated – discontinue crutch use <b>nee Brace:</b> Discontinue brace use when patient has achieved full extension with no evidence
• Range of M • Therapeu	Aring: Full weightbearing Motion: Full/Painless ROM Itic Exercises It deep bends for first 4 months Ivance closed chain strengthening exercises, proprioception activities Igin use of the Stairmaster/Elliptical In Start Straight Ahead Running at 12 Weeks Inths 4-6) Iturn to athletic activity as tolerated
Comments: Frequency:	ce program for strength and endurance  times per week  Duration: weeks  Date: