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

- 0-2 Weeks: TDWB, Brace locked at 0 degrees for ambulation and sleeping  
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
- 2-4 Weeks: Transition to PWBAT ~50% to full WBAT by 4 weeks post op. Brace locked in full extension until post op week 4-6  
No weight bearing past 90° for ACL with meniscal repair
- ROM: 0-125 degrees (Maintain full extension)  
Active knee extension to 40 degrees  
Standard (170mm) ergometry (when knee ROM > 115 degrees)
- 4-6 Weeks: Full WBAT leg in extension, brace down 60-90 by 6 weeks anticipate brace removal at that time  
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: D/C Brace  
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