

Nikhil Verma, MD
Lauren Rooney, MMS, PA-C
Nate Davidson, MS, PA-C
Mara Weaver, PA-C
1611 W. Harrison, Suite #300
Chicago, IL 60612
Vermapa@rushortho.com
Fax: 708-409-5179
www.sportssurgerychicago.com

MIDWEST
ORTHOPAEDICS
at RUSH



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

- 0-4 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
- 4-6 Weeks: Begin WBAT. Unlock Brace for Weight Bearing
No weight bearing past 90° for ACL with meniscal repair
D/C crutches when gait is non-antalgic (six 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: D/C Brace and wean from crutches
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)