

## Physical Therapy Prescription – ACL Reconstruction with Meniscus Repair

Name: \_\_\_\_\_

Date of Surgery: \_\_\_\_\_

**Procedure:** R / L ACLR with Meniscus Repair

**Frequency:** 2-3 times per week for 12 weeks

**PHASE I (Weeks 0 – 6):** Period of protection, decrease edema, activate quadriceps

- **Weightbearing:**
  - **Weeks 0-4:** Non-Weight bearing
  - **Weeks 4-6:** Partial weight bearing with crutches
- **Hinged Knee Brace:**
  - **Weeks 0-4:** Locked in full extension for ambulation and sleeping (weeks 0-4)
- **Range of Motion:** AAROM → AROM as tolerated; **no weight-bearing with knee flexion angles >90°**
- **Therapeutic Exercises:** Patellar mobs, quad/hamstring sets, heel slides, Gastroc/Soleus stretching, straight-leg raises with brace in full extension until quad strength prevents extension lag
- **Modalities:** Per therapist, including electrical stimulation, ultrasound, heat (before), ice (after)

**Phase II (Weeks 6 – 16)**

- **Weightbearing:** Full
- **Range of Motion:** Full, painless
- **Therapeutic Exercises:** Advance closed chain strengthening exercises and proprioception activities
  - Begin use of the Stairmaster/Elliptical at **12 weeks**
  - Swimming with pull bouy at **12 weeks**
- **Modalities:** Per therapist, including electrical stimulation, ultrasound, heat (before), ice (after)

**Phase III (Weeks 16 – 24):** Gradual return to athletic activity

- **16 weeks:** begin jumping and running linearly
- **24 weeks:** advance to sprinting, backward running, cutting/pivoting/changing direction; consider **functional sports assessment**

**Phase IV (>8 months):** Gradual return to athletic activity

- Gradual return to sports participation after completion of functional sports assessment - **9 months**
- Encourage maintenance program based off functional sports assessment

Signature: \_\_\_\_\_

Date: \_\_\_\_\_