






ACL Reconstruction with Quadriceps Tendon Autograft and All Inside Meniscal Repair Rehabilitation Protocol

	Weight-bearing	Brace	Range of Motion	Exercises
Phase 1 0-6 weeks	Full in brace ^a	<p>0-2 week: Locked in full extension for ambulation and sleeping</p> <p>Off for exercises and hygiene only</p> <p>2-6 weeks: Unlocked 0-90° for ambulation, remove for sleeping</p>	Passive 0-90° at one week postop visit, then progress to full	<p>Calf pumps, patellar mobilization, quadriceps tightening sets and SLR in brace. No weight-bearing motion.</p> <p>Add side-lying hip and core, advance quad set and stretching^a</p> <p>In brace: Addition of heel raises, total gym (closed chain), gait normalization, eccentric quads, eccentric hamstrings.</p> <p>Advance core work with hip, gluteal and core strengthening</p> <p>No weight-bearing with flexion >90°</p>
Phase 2 6-12 weeks	Full, progressing to normal gait pattern	Discontinue at 6 weeks if quadriceps control is adequate (no extension lag)	Gain full and pain-free	Begin toe raises, closed chain quads, balance exercises, hamstring curls, stationary bike, step-ups, front and side planks, hip/glute/core
Phase 3 12-16 weeks	Full with normalized gait pattern	None	Full	<p>Advance closed chain strengthening</p> <p>Progress proprioception activities</p> <p>Begin stair climber, elliptical at 8 weeks and running straight at 12 weeks when 8" step down is satisfactory</p>
Phase 4 16 weeks – 6 months	Full	None	Full	<p>16 weeks: Begin jumping</p> <p>20 weeks: Advance running to sprinting, backward running, cutting, pivoting, changing direction, initiate plyometric program and sport-specific drills</p> <p>22 weeks: Advance as tolerated</p> <p>FSA completed at 22 weeks^b</p>
Phase 5 6-12 months	Full	None	Full	<p>Gradual return to sports participation after completion of functional sports assessment (FSA)</p> <p>Maintenance program based on FSA</p>

SLR – Straight-leg raise

^aModified with concomitantly performed meniscus repair/transplantation or articular cartilage procedure

^bCompletion of FSA (Functional Sports Assessment) is not mandatory, but is recommended at approximately 22 wks post-op for competitive athletes returning to play after rehabilitation

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