

Dr. Jose Padilla

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**ACL REHAB PROTOCOL  
 MENISCAL REPAIR**

Patient\_\_\_\_\_

D.O.S.\_\_\_\_\_

|   | WEEK 1<br>Begins DOS   | WEEK 2   | WEEK 3  | WEEK 4                              | WEEK 5   | WEEK 6             | WEEK 7               | WEEK 8    | MONTH 3  |
|---|--|--|---|-------------------------------------|--|--------------------|----------------------|-----------|--|
| <b>WEIGHT BEARING</b>   | 0%   | 5%   | 25%   | 50%                                 | 75%  | 100%<br>2 crutches | 100%<br>d/c crutches |           | Decrease frequency of PT as tolerated. Continue with all exercises for strength, endurance and proprioception.   |
| <b>BRACE SETTINGS</b>   | 10/10  | 10/10  | 20/80   | 10/90                               | 0/100  | 0/120              | 0/120                | D/C brace |  |
| <b>PROM Goals</b>   | 0-70<br>with brace   | 0-90<br>without brace  | 0-100   | 0-120                               | 0-130  | 0-140              | FULL                 | FULL      |  |
| <b>AROM Goals</b>   | NONE   | 30-75  | 30-90   | 20-100                              | 10-FULL  | FULL               | FULL                 | FULL      | <b>MONTH 4-5</b><br>Functional bracing per MD for work and high level functional activities. 70% quad strength and no pain. Begin progressive running program. Progress agility as tolerated. Initiate jumping program with brace. |
| <b>PT visits/wk</b>   | NONE   | 2-3  | 2-3   | 2-3                                 | 2-3  | 2-3                | 2-3                  | 2-3       |  |
| <b>SHOWER</b>   | NO   | WITH BRACE   | W/O BRACE   |                                     | Sleep w/o brace  |                    |                      |           |  |
| <b>EXERCISES</b>  | QUAD SETS  | QUAD SETS  | QUAD SETS   | KNEE EXTENSION OKC (90-40) (100-40) |  |                    |                      |           |  |
|   | SLR's w/brace  | SLR's w/brace  | SLR's no brace  | single leg (initiate as AA or AROM) |  |                    |                      |           |  |
|   | Any Questions?   | <b>Note:</b>   | Patellar Mobs   |                                     |  |                    |                      |           |  |
|   |  |  | Multi-hip isotonic  |                                     |  |                    |                      |           |  |
|   | Please contact:<br>Northwoods<br>Therapy<br>Associates                       | *PT visits/wk may vary<br>*individual ex progression may vary<br>*FOLLOW MD's INSTRUCTIONS<br>* Avoid deep squats and kneeling for 4-5 months.<br>* Avoid squatting deeper than 90° due to meniscus repair | Ham curls   | Ham Curls /2 legs                   |  |                    |                      |           |  |
|   |  |  | ACT or A/Assist   |                                     |  |                    |                      |           |  |
|   |  |  | BAPS  |                                     |  |                    |                      |           |  |
|   | Altoona, WI<br>(715) 839-9266<br><br>Chippewa Falls,<br>WI<br>(715) 723-5060 |  | Bike  | outdoors-no hills                   |  |                    |                      |           |  |
|   |  |  | Closed Kinetic Chain ex per WB & ROM guidelines, TKE, overball, tubing                    |                                     |  |                    |                      |           |  |
|   |  |  | Total Gym, partial squats per WB & ROM guidelines (avoid deep squats >90° for 4-5 months) |                                     |  |                    |                      |           |  |
| September 2015  |  | Heel raises  |   |                                     |  |                    |                      |           |  |
|   |  | Leg press double leg progress to single leg  |   |                                     |  |                    |                      |           |  |
|   |  | Treadmill Walking  |   |                                     |  |                    | Resisted Amb         |           |  |
| Dynamic Balance Ex  |  |  |   |                                     | Light agility at walking speed<br>Advance open/closed activity ex<br>Swimming<br>Stairmaster |                    |                      |           |  |
| **Microfracture Repair(Large condylar defect) follow protocol <b>except</b> non-weight bearing through week 6, then 50% week 7, 75% week 8, etc. ** |  |  |   |                                     |  |                    |                      |           |  |