



# ACL Reconstruction with Meniscus Repair



**STEPHEN THON, MD**  
ORTHOPEDIC & SPORTS MEDICINE SURGEON  
www.stephenthonmd.com

## ACL Reconstruction with Meniscus Repair - Physical Therapy Prescription

\*\*\*Please fax progress notes to Advanced Orthopedics & Sports Medicine at 720-895-1121\*\*\*

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

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

Diagnosis: R / L ACLR BTB / Quad / HS / allograft - medial / lateral meniscus repair

Frequency: 2-3 times per week for \_\_\_\_\_ weeks, Therapy to start 3-5 days after surgery

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

**Weightbearing:** Partial with crutches

*Weeks 0-2:* 50% weight bearing

*Weeks 2-4:* Continue to 50% weight-bearing in brace with crutches

*Weeks 4-6:* Progress to full weight-bearing in brace, wean off crutches

**Hinged Knee Brace:**

*Weeks 0-2:* Locked in full extension for ambulation and sleeping (weeks 0-4)

*Weeks 2-6:* Only unlock when cleared by physician (0-90°) for ambulation and removed while sleeping (after week 4)

**Range of Motion:** AAROM → AROM as tolerated; no weight-bearing with knee flexion angles >90°

**Therapeutic Exercises:**

FOCUS ON QUAD ACTIVATION

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)**

**Range of Motion:** Full, painless

**Therapeutic Exercises:**

Advance closed chain strengthening exercises and proprioception activities

Begin use of the Stairmaster/Elliptical at 8 weeks

Straight ahead running permitted at 12 weeks

Swimming okay at 16 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

*20 weeks:* advance to sprinting, backward running, cutting/pivoting/changing direction

*24 weeks:* consider functional sports assessment

**Phase IV (6-9+ months):**

Gradual return to athletic activity

Gradual return to sports participation after completion of functional sports assessment

Encourage maintenance program based off functional sports assessment

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

Date:

Stephen G. Thon, MD

[www.AdvancedOrtho.org](http://www.AdvancedOrtho.org)

Phone: (303) 344-9090

Fax: (720) 895-1121