

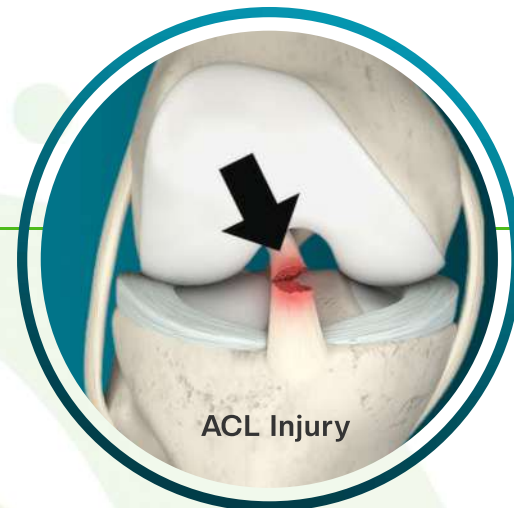
ACL RECONSTRUCTION WITH MENISCUS REPAIR REHABILITATION PROTOCOL

0 - 2 WEEKS POST OP (PHASE I)

- ✓ Ensure passive zero degree extension
- ✓ Operated leg in long knee brace locked in full extension
- ✓ Ankle toe movement
- ✓ Static quadriceps and hamstring exercises
- ✓ Straight leg raise in supine and side lying with knee brace on
- ✓ Walker/bilateral axillary crutch aided non weight bearing
- ✓ Brace to be worn 24x7 except during gentle heel slides while lying down
- Rom : upto 30 degrees

2 - 4 WEEKS POST OP (PHASE II)

- ✓ Active knee flexion upto 90*, passive knee extension to 0*
- ✓ Start with gentle heel sliders
- ✓ Continue straight leg raise with brace on
- ✓ Continue use of brace for walking till the end of 4 week
- ✓ Start early proprioceptive training
- ✓ Walker/bilateral axillary crutch aided non weight bearing
- Rom : upto 90 degrees

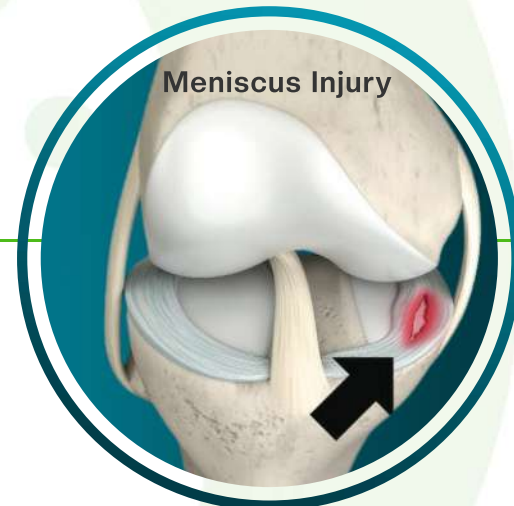


4 - 6 WEEKS POST OP (PHASE III)

- ✓ Assisted partial weight bearing upto 6 weeks
- ✓ Emphasis on hamstring strengthening, start prone knee bending exercises
- ✓ Patient should avoid deep squats, running, jumping activities
- ✓ Patient should avoid use of indian style toileting activities
- ✓ It is not advisable to drive two wheelers, bi-cycle till 8-10 month post op
- ✓ Continue use of ice pack if pain occur after doing exercises
- Rom : beyond 90 degrees

6 - 8 WEEKS POST OP (PHASE IV)

- ✓ Gradually increase the weight bearing on that limb
- ✓ Gait re-education with stick with proper heel toe pattern
- ✓ Start open kinetic chain exercise for quadriceps from 90*- 45* in high sitting
- ✓ Start close chain in the form of mini squat from 0*- 45*
- ✓ Start stationary cycle with zero resistant
- ✓ Continue exercise of phase iii
- ✓ Start lunges (forward and sideways)



8-12 WEEKS POST OP (PHASE V)

- ✓ Start stair climbing. Initiate with the non- operated leg when ascend the stair and operated leg when descend the stair
- ✓ Emphasis on gait re-education
- ✓ Discontinue stick for walking eventually
- ✓ Start theraband exercises for hamstring and quadriceps strengthening
- ✓ Continue a combination of closed and open chain exercises. avoid full active knee extension till 12 week post op
- ✓ Can start driving car for smaller distances, gradually increase the duration over a period of time
- ✓ Avoid cross leg sitting, deep squats, running, jumping and cutting activities

3-6 MONTHS POST OP

- ✓ Patient can go for gym activities, limited to seated knee extension, leg press, cycling with mild to moderate resistant
- ✓ Progress to next level of theraband in every 3-4 weeks
- ✓ Single leg standing on flat and uneven surface
- ✓ Balance on wobble board and trampoline

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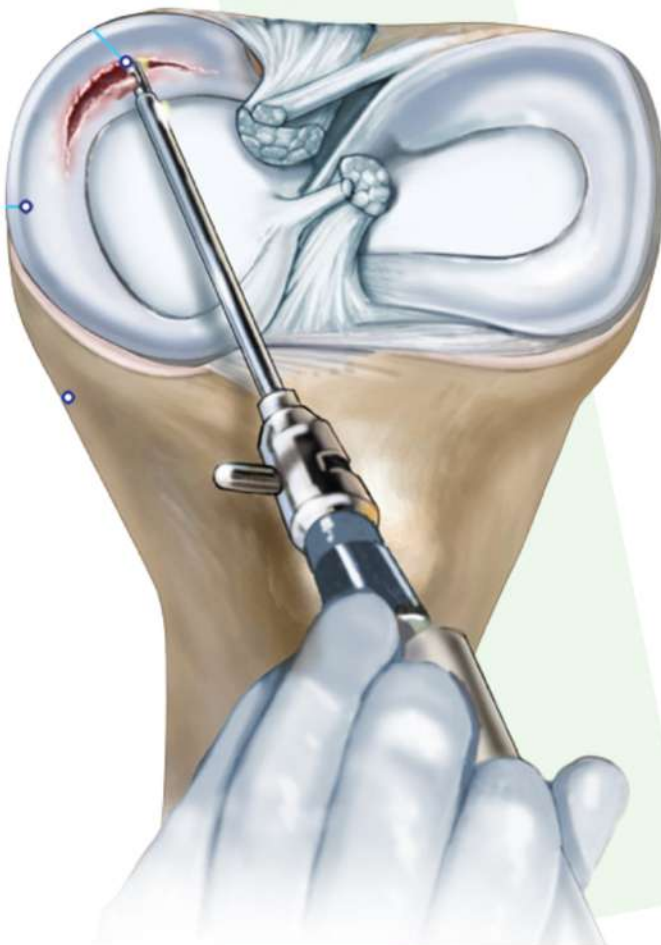
6 - 8 MONTHS POST OP

- ✓ Continue exercises with gradually increase in Resistance/difficulty level.
- Prior to start with any sports activity one Should make sure muscle power of quadriceps of the Opearated is 90 - 100% to the contralateral Side
- ✓ Good priproceptive control with no knee laxity to be achieved

9 MONTHS ONWARD

- ✓ Advance proprioceptive drills
- ✓ Advance agility drills
- ✓ 90-90 cuts progrss to 45-45 cuts
- ✓ llinos agility test
- ✓ Beep test/yo-yo test
- ✓ Plyometric activities with fuctional knee brace on

MENISCUS ARTHROSCOPY SURGERY



ACL ARTHROSCOPY SURGERY

