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ACL Reconstruction w/ Meniscus Repair Rehab Protocol

X = Perform exercise

Week

		1	2	3	4	5	6	7	8	9	10	12	16	20	24		
Range of Motion 0-90 weeks 1-2 0-120 weeks 3-4 Full ROM week 5 and beyond No deep squatting or sitting cross-legged x 4 months	Initial Exercises																
	Flexion/Extension - wall slides	X	X	X	X	X	X	X	X								
	Flexion/Extension – seated	X	X	X	X	X	X	X	X								
	Patella/Tendon mobilization	X	X	X	X	X	X	X	X								
	Extension mobilization	X	X	X	X	X	X	X	X								
	Quad series	X	X	X	X	X	X	X	X								
	Hamstring sets								X	X	X	X					
	Sit and reach for hamstrings - gentle	X	X	X	X	X	X	X	X	X	X	X					
	Ankle pumps	X	X	X	X	X	X	X	X	X	X	X					
	Toe and heel raises								X	X	X	X					
	Balance series									X	X	X	X	X	X	X	X
	BRACE SETTINGS Locked in full extension x 2 weeks Then, as above	Cardiovascular Exercises	1	2	3	4	5	6	7	8	9	10	12	16	20	24	
		Bike/Rowing with well leg	X	X	X	X	X	X	X	X							
Bike with both legs – no resistance									X	X	X						
Bike with both legs - resistance											X	X	X	X	X	X	
Aquajogging											X	X	X	X	X	X	
Treadmill – walking 7% incline											X	X	X	X	X	X	
Swimming with fins												X	X	X	X	X	
Elliptical trainer													X	X	X	X	
Rowing													X	X	X	X	
Stair stepper														X	X	X	
Weight Bearing Status NWB with crutches x 6 weeks (to allow meniscus to heal), then full WBAT		Weight Bearing Strength	1	2	3	4	5	6	7	8	9	10	12	16	20	24	
		Double knee bends									X	X	X	X	X		
		Double leg bridges									X	X	X				
	Reverse lunge – static hold									X	X	X					
	Beginning cord exercises									X	X	X					
	Balance squats										X	X	X	X	X	X	
	Single leg deadlift										X	X	X	X	X	X	
	Leg press										X	X	X	X	X	X	
	Sports Test exercises												X	X	X	X	
	Agility Exercises	1	2	3	4	5	6	7	8	9	10	12	16	20	24		
	Running progression												X	X	X		
	Initial – single plane												X	X	X		
	Advance – multi directional													X	X		
Functional sports test													X	X			



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High Level Activities	1	2	3	4	5	6	7	8	9	10	12	16	24	28
Golf												X	X	X
Outdoor biking, hiking												X	X	X
Skiing, basketball, tennis, football, soccer													X	X