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Rehab Protocol



ACL Reconstruction with meniscus repair

**** Bucket-handle repairs will go slower with WB flexion progression (4 weeks locked, then progress)**
**** Root repairs & radial repairs will be strict NWB x 4-6 weeks, progressive unlocking after**
**** Dr. Myer will specify details on postop PT script**

Weeks 1-2

- Routine simple repair: WBAT locked straight x 2 weeks
 - When in doubt, protect WB for pain / tissue protection
 - Discontinue crutches as comfort & gait safety allows
 - Complex repair: Dr. Myer to specify NWB / motion restrictions
- Brace** – 1st week while sleeping ... then D/C at night.
- Encourage full NWB ROM, active & passive
 - Encourage patellar glides, SLR / quad sets, hip add / abd
 - NMES unit for quad recruitment

Weeks 3-8

- Routine repair: WBAT 0-30; progress 30 degrees per week
 - Complex (bucket, radial, root): protective WB per Dr. Myer
 - Full NWB ROM; Bike for ROM; routine NMES
 - **Brace** – no collateral injury = OK to d/c by 6 weeks unless poor gait mechanics.
 - *MCL / LCL protection = Dr. Myer will address how long
 - Bike for ROM and early cardio
 - NMES unit for quad recruitment
- ** Extension maintenance very important (prone hangs)**
**** Any modalities ok as indicated by PT**
**** BFR if available**

Months 2-12

- From 6 weeks to 3 months ... ok for full NWB flexion but limit deep WB flexion for 3 months
 - Beyond 3 months ... ok full WB flexion with resistance
- *Progress with PT through rehab per functional needs as this is a functional recovery, not calendar based recovery**
- Bike, elliptical, pool, functional strengthening

Return to running progression: please discuss with Dr. Myer prior to starting a return to running program. Based on patient function and pathology. At earliest with simple repair, around 4-5 months when strength ~75% symmetry and functional impact loading is tolerable, start with a slow interval progression. Not atypical to wait 5-6 months if complex meniscus repair.

Return to sports: return to lateral sports = 9-12 months goal
Non-lateral sports (golf, swimming, hiking, running) all patient dependent. Please review with Dr. Myer

General ACL Graft Principles:

-**ACL** with **allograft**: progress with WB flexion early as quad control allows; start hamstring (HS) activities (stretches, ROM, strengthening) as comfort allows

-**ACL** with **quad autograft**: no restrictions in quad ROM and strengthening (pain and control typically improves around 3-5 week mark); start HS activities as comfort allows

-**ACL** with **hamstring autograft**: HS stretching ok at 3-4 weeks and HS strengthening at 6-8 weeks

-**ACL** with **patellar tendon autograft**: same as quad autograft in general; anterior knee pain / quad weakness persists longer than allograft / quad auto / HS auto