

**Daniel Myer, M.D**

Rehab Protocol



**ACL Reconstruction *without meniscus repair* (i.e.- isolated ACLR +/- partial meniscectomy)**

***\*\* Please follow MOON protocol for specifics ... this just clarifies weight-bearing, ROM and brace use***

	Immediate post-op Week 1	<ul style="list-style-type: none"><li>• Immediate WBAT locked straight – prn crutches for support<ul style="list-style-type: none"><li>- Start to WB 0-30/0-60 in brace as pain allows (encourage within first couple days post-op)**</li><li>- Discontinue crutches as comfort &amp; gait safety allows</li><li>- This restriction is for home guidance, but encourage out of brace ambulation in PT clinic</li></ul></li></ul> Brace – Only needed when sleeping during 1 <sup>st</sup> week ... then D/C <ul style="list-style-type: none"><li>• Encourage full NWB ROM, active &amp; passive</li><li>• Bike for ROM, not for cardio</li><li>• Encourage patellar glides, SLR / quad sets, hip add / abd</li><li>• NMES unit for quad recruitment</li></ul> * Goal is to start WB flexion ASAP ** Note – Allograft ACLR only need brace w/ WB the 1 <sup>st</sup> Week Autograft ACLR may need until 3 <sup>rd</sup> Week
	Weeks 2-4	<ul style="list-style-type: none"><li>• Push WBAT with brace unlocked 0-60 during Week 2. Unlock to 90 during Week 3 or ASAP</li></ul> Brace – Not needed during sleep. Goal is to D/C by Week 3 <ul style="list-style-type: none"><li>• Bike for ROM and early cardio</li><li>• NMES unit for quad recruitment</li><li>• Scar management with Vitamin E oil</li></ul>
	Months 2-12	<ul style="list-style-type: none"><li>• Progress with MOON protocol or equivalent (per PT)</li></ul>

**General ACL Graft Principles:**

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

**-ACLR 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

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

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