BaylorScott&White
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ACL Reconstruction with All-Inside Meniscus Repair

REHABILITATION PROTOCOL

PHASE	RANGE OF MOTION	BRACE / WEIGHT BEARING	THERAPEUTIC EXERCISE
Phase I **0–2 weeks** GOAL TO ADVANCE *Full extension; flexion 90°; leg raise without lag*	Full extension (heel prop, prone hang); flexion 0-90° only; kneecap mobilization. No active hamstring curls	Brace locked straight for walking and sleep; weight bearing as tolerated in brace with crutches	Quad sets with e-stim, straight-leg raises, isometrics at 90°/60°, calf raises, hip abduction
Phase II **2–6 weeks** GOAL TO ADVANCE *Flexion 90°; normal gait in brace; minimal swelling*	Flexion limited to 90° until 6 weeks; bike for motion only once 90° is reached	Brace locked for walking until quad control is good, then unlocked 0-90°; wean crutches by 4-6 weeks	Mini-squats and leg press 0-45°, bridges, hip and core strengthening, double-leg balance. No hamstring resistance; no squatting past 90°
Phase III **6–12 weeks** GOAL TO ADVANCE *Full motion; normal gait; no swelling*	Progress to full	Discontinue brace	Squat to chair, step-ups, single-leg work and leg press 0-60°; light hamstring curls from 8 weeks; elliptical/swim (flutter kick) at 8 weeks. No weight-bearing bending past 90° until 4 months
Phase IV **3–5 months** GOAL TO ADVANCE *Strength ≥80-90% of other side*	Full	None	Gym strengthening to full depth after 4 months, straight-ahead sport drills, double-leg jumping; return-to-run program at about 4 months
Phase V **5–9 months** GOAL TO ADVANCE *Strength and hop tests ≥90%*	Full	Functional brace if prescribed	Agility and plyometric progression; cutting and pivoting at about 7-9 months
Phase VI **9–12 months** GOAL TO ADVANCE *Strength/hop ≥95%; readiness testing*	Full without discomfort	—	Non-contact → full practice → games at about 9-12 months, if approved by physician

This protocol is a guideline. Your surgeon may adjust it based on your surgery and progress.
Call the office for fever, wound drainage, calf pain or swelling, or new numbness or tingling.

Questions: 469.800.7200
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