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ACL Reconstruction with Bucket-Handle Meniscus Repair

REHABILITATION PROTOCOL

PHASE	RANGE OF MOTION	BRACE / WEIGHT BEARING	THERAPEUTIC EXERCISE
Phase I **0–2 weeks** GOAL TO ADVANCE *Full extension; leg raise without lag*	Full extension (heel prop, prone hang); flexion 0-90° when not weight bearing; kneecap mobilization. No active hamstring curls	Brace locked straight at all times, including sleep; touch-down weight bearing with crutches	Quad sets with e-stim, straight-leg raises in brace, isometrics, calf pumps, hip abduction
Phase II **2–6 weeks** GOAL TO ADVANCE *Flexion 90°; no swelling*	Flexion limited to 90°; bike for motion only, no resistance	Brace locked straight for walking. Progress to partial weight bearing at 2-4 weeks and full weight bearing in brace by 6 weeks	Quad sets, straight-leg raises, hip and core strengthening, bridges, double-leg balance. No hamstring resistance; no weight-bearing knee bending
Phase III **6–12 weeks** GOAL TO ADVANCE *Full motion; normal gait*	Progress to full motion	Unlock brace and wean crutches with good quad control; discontinue brace by 8 weeks	Mini-squats and leg press 0-60°, step-ups, single-leg balance; light hamstring curls from 10 weeks; elliptical/swim (flutter kick). No weight-bearing bending past 90° until 4-6 months
Phase IV **3–6 months** GOAL TO ADVANCE *Strength ≥80% of other side; no joint-line pain*	Full	None	Single-leg strengthening, side lunges, Romanian deadlift; straight-ahead sport drills; return-to-run program at about 5-6 months
Phase V **6–9 months** GOAL TO ADVANCE *Strength and hop tests ≥90%*	Full; deep squatting allowed at 6 months	Functional brace if prescribed	Agility and plyometric progression; cutting and pivoting at about 8-9 months
Phase VI **9–12 months** GOAL TO ADVANCE *Strength/hop ≥95%; readiness testing*	Full without discomfort	—	Non-contact → full practice → games at about 10-12 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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