



## Indiana University Health

*IU Health Physicians Orthopedics & Sports Medicine*

### **ANTERIOR CRUCIATE LIGAMENT (ACL) RECONSTRUCTION WITH MENISCAL BODY REPAIR**

#### **PHYSICAL THERAPY PROTOCOL**

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**Patient Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Procedure:** Right/Left ACL Reconstruction with Patellar Autograft

**Associated Procedure** (circled if applicable): Meniscectomy/Meniscal Repair

\_\_\_ Evaluate and Treat – no open chain or isokinetic exercises

\_\_\_ Provide patient with home exercise program



Frequency: \_\_\_\_\_x/week x \_\_\_\_\_weeks

\_\_\_ **Phase I (0-6 wks): *Period of protection*\*\*\***

- **Weightbearing:** Partial with crutches
  - **Weeks 0-2:** Toe-touch weight-bearing
  - **Weeks 2-4:** Advance to 50% weight-bearing in brace with crutches
  - **Weeks 4-6:** Progress to full weight-bearing in brace, wean off crutches
- **Hinged Knee Brace:**
  - **Weeks 0-2:** locked in full extension for ambulation and sleeping
  - **Weeks 2-6:** unlocked (0-90°) for ambulation and removed while sleeping
- **Range of Motion:** AAROM → AROM as tolerated; **no weight-bearing with knee flexion angles >90°**
- **Therapeutic Exercises:** Patellar mobs, quad/hamstring sets, heel slides, Gastroc/Soleus stretching, straight- leg raises with brace in full extension until quad strength prevents extension lag
- **Modalities:** Per therapist, including electrical stimulation, ultrasound, heat (before), ice (after)

\_\_\_ **Phase II (6-12 wks): *Advance strengthening.***

- Transition to custom ACL brace** if ordered by physician.
- ROM** – continue with daily ROM exercises (goal: increase ROM as tolerated)
- Strengthening** – increase closed-chain activities to 0-90 degrees. Add pulley weights, theraband, etc. Monitor for anterior knee pain symptoms. Add core strengthening exercises.
- Add side lunges and/or slideboard.
- Continue stationary bike and biking outdoors for ROM, strengthening, cardio.

\_\_\_ **Phase III (12-18 wks): *Begin more sport-focused conditioning.***

- Advance strengthening as tolerated, continue closed-chain exercises. Increase resistance on equipment.
- May begin Elliptical.
- No straight ahead jogging until 4.5-5 months post op.
- Begin to wean patient from formal supervised therapy encouraging independence with home exercise program.
- Strict avoidance of open chain exercises.



\_\_\_ **Other:**

- \_\_\_ Modalities                      \_\_\_ Electrical Stimulation                      \_\_\_ Ultrasound  
\_\_\_ Heat before/after                      \_\_\_ Ice before/after exercise  
\_\_\_ May participate in aquatherapy after week three, begin aqua-running week 6

**By signing this referral, I certify that I have examined this patient and physical therapy is medically necessary. This patient \_\_\_ would \_\_\_ would not benefit from social services.**

\_\_\_\_\_ **Date:** \_\_\_\_\_

**Bryan M. Saltzman, MD**