GALLAND/KIRBY ACL RECONSTRUCTION WITH MENISCUS REPAIR POST-SURGICAL REHABILITATION PROTOCOL

POST-OP DAYS 1 – 14

- Dressing:
  - POD 1: Debulk dressing, TED Hose in place
  - POD 2: Change dressing, keep wound covered, continue TED Hose
  - POD 7-10: Sutures out, D/C TED Hose when effusion resolved
- Brace x 6 weeks – Locked in extension for ambulation
- Crutches – Partial weight bearing (PWB) in brace
- Patellar mobilization (teach patient)
- Calf pumping
- AAROM 0-90 degrees (passive extension, heel slides with towel assist)
- Passive extension with heel on bolster or prone hangs
- **No active Hamstring exercises**
- Electrical stimulation in full extension with quad sets and SLR
- Quad sets
- Straight leg raise (SLR) x 4 on mat (in brace if poor quad control)
- Stationary bike for range of motion 0-90 degrees
- Ice pack with knee in full extension after exercise

**GOALS**

- Full passive extension
- Flexion to 90 degrees
- Good quad control

**Weeks 2 - 4**

- Brace x 6 weeks – Open to 0-90 degrees
- Crutches – PWB in brace
- Continue appropriate previous exercises
- Scar massage when incision healed
- PROM, AAROM 0-90 degrees only
- **No active Hamstring exercises**
• Co-contractions quads / HS
• SLR x 4 on mat – Add light ankle weights if quad control is maintained
• Double leg heel raises
• Stretches – HS, AT, Hip Flexors, ITB

GOALS
• Pain/effusion control
• No extensor lag

WEEKS 4 - 6
• Brace x 6 weeks – Open to 0-90 degrees
• Crutches – PWB in brace
• Continue appropriate previous exercises
• AAROM, AROM 0-90 degrees only
• Weight shifts
• Mini squats 0-45 degrees – In parallel bars
• Total Gym (level 3-5) – Mini squats 0-45 degrees
  – Passive flexion to 90 degrees (push up with opposite leg)
• Leg press 0-45 degrees with light resistance (up to ¼ body weight)
• Hamstring curls 0-45 degrees – Carpet drags or rolling stool (closed chain)
• Stationary bike with seat high for ROM – Complete cycle as able

GOALS
• ROM 0-90 degrees
• No effusion

WEEKS 6 - 9
• D/C Brace
• Crutches – weight bearing as tolerated (WBAT), D/C when gait is WNL
• Continue appropriate previous exercises
• PROM, AAROM, AROM – Gradually increase motion through full range
• Standing SLR x 4 with light Theraband bilaterally
• Wall squats 0-45 degrees
• Leg press 0-60 degrees with light resistance (up to ½ body weight)
• Hamstring curls 0-60 degrees – Carpet drags or rolling stool (closed chain)
• Forward, lateral and retro step downs in parallel bars
  – No knee flexion past 45 degrees (small step)
• Single leg heel raises
• Proprioceptive training – Single leg standing in parallel bars
  – Double leg BAPS for weight shift
• Treadmill – Forwards and backwards walking
• Stationary bike – Progressive resistance and time
• Pool – Walking / running (no kicking)

GOALS
• Full ROM
• Normal gait

WEEKS 9 - 12
• Continue appropriate previous exercises with progressive resistance
• Wall squats 0-90 degrees
• Leg press 0-90 degrees with resistance as tolerated
• Hamstring curls 0-90 degrees on weight machine with light resistance
• Forward, lateral and retro step downs (medium to large step)
• Hip weight machine x 4 bilaterally
• Proprioceptive training – Single leg BAPS, ball toss and body blade
  – Grid exercises
• Fitter
• Slide board
• Treadmill – Walking progression program
• Elliptical trainer
• Pool therapy – No swimming laps

GOAL
• Walk 2 miles at 15 min/mile pace

MONTHS 3 - 4
• Isokinetic testing at 180 and 300 degrees/sec
  – Must have 80% of opposite leg to clear for straight line running
• Continue appropriate previous exercises
• **No Squatting or Leg press > 90 degrees**
• Hamstring curls on weight machine through full range
• Knee extension weight machine
• Short arc quads
• Functional activities – Figure 8s, gentle loops, large zigzags
• Stairmaster – Small steps
• Treadmill – Running progression program if cleared
• Pool therapy – Swimming laps

**GOAL**
• Run 2 miles at easy pace

**MONTHS 4 - 6**
• Repeat Isokinetic testing as needed
• Continue appropriate previous exercises
• Squatting and Leg press through full range as tolerated
• Agility drills / Plyometrics
• Sit-up progression
• Running progression to track
• Quad stretches
• Transition to home / gym program

**GOAL**
• Return to all activities

*NO CONTACT SPORTS UNTIL 6 MONTHS POST-OP*
KNEE POST-OP PHASE I

Perform exercises below frequently: 30 reps, 3 – 5x a day

Quad Isometrics

Heel Slides

Active Assisted Motion

Ice Position  15 minutes 2-3 x per day