



This Program is Designed for Combined ACL and Meniscus Repair- bucket handle or root repair

Program Highlights:

NWB for 4 weeks after Meniscal Root Repair

NWB 2 weeks Bucket handle Repair

ROM brace locked in extension for sleeping and mobilising week 0-4

ROM brace 0-30° for sleeping and mobilising Week 5 and 6

Posterior Root/Horn Repairs will require limited flexion for 6 weeks (<90°)

Anterior Root/Horn Repairs will have extension limited for 2 weeks (>10°)

Total Bracing 8-10 weeks, wean once independent mobility with regained quads control

Restrictions:

Limit Open Chain Quads exercises as per ACL reconstruction rehab

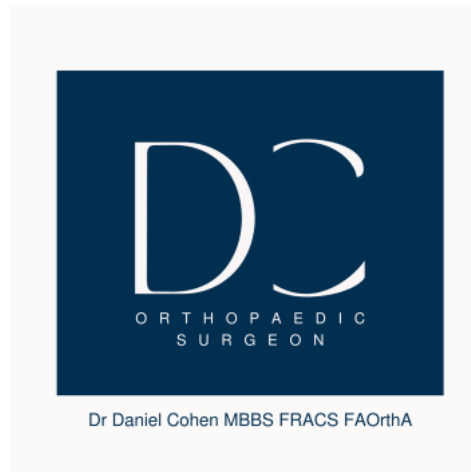
No deep flexion weight bearing (>90°) for 12 weeks (exercise bike ok)

Inline jogging from 4 months Inline running from 5 months Return to Sport Specific Training from 24 weeks

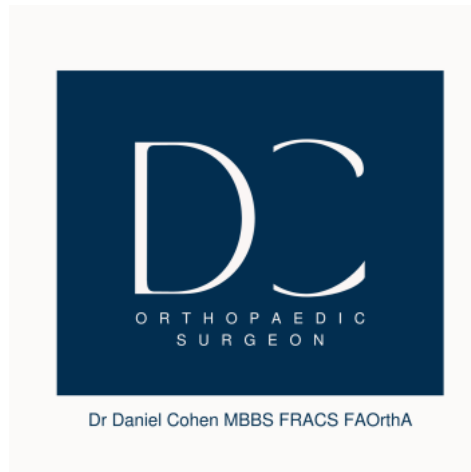
No Pivoting Sport until clearance



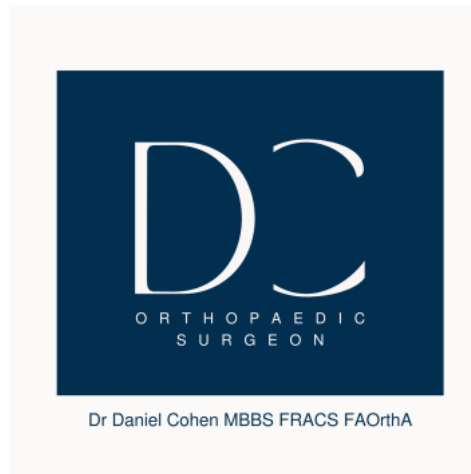
Phase	Goals	Brace	ROM	WB Status Cardiovascular	Exercises
Stage 1 Weeks 0-6 Recovery and Non - Weight Bearing Phase	1. Swelling Control (rest, ice, compression, and elevation) 2. Range of Motion within prescribed limits 3. Quadriceps Activation 4. Limit Muscle Loss	ROM Brace locked in extension when mobilizing and sleeping (weeks 0-4)	0-30° Week 1 and 2 0-60° Week 3 and 4 0-90° Week 5 and 6 Heel Slides Patella Mobilizations Prone heel hangs	<i>NWB with crutches</i> <i>2 weeks <u>Bucket</u></i> <i><u>Handle</u></i> <i>25% week 3</i> <i>50% week 4</i> <i>4 weeks <u>Root</u></i> <i><u>Repair</u></i> <i>25% week 5</i> <i>50% week 6</i>	SLR in ROM brace Proceed to multi-plane SLR from week 4 <i>Hip</i> isometric hip flexion, extension, abduction (lying on side) IRQ Static quads, hamstrings, calf pumps



<p>Phase 2 Weeks 6-12</p>	<p>1. Unrestricted full ROM 2. Normal Gait 3. Hamstrings and quads co-contraction/ strengthening 4. Proprioception 5. Start exercise Bike</p>	<p>ROM brace off week 8-10 ROM brace 0-90° when mobilising until week 10 Functional knee sleeve suggested for exercises</p>	<p>ROM unlocked from week 6-8 NO Deep FLEXION LOADING >90° until week 10</p>	<p>PWB then progress to WBAT Exercise bike from week 6 low resistance Elliptical from week 8 Stair Machine from week 10</p>	<p>Wobble board week 7-8 Gluteal strengthening + ankle weights Limit leg press (<60%TBW) to 60° flexion until week 10 Half squats/wall squats to 60° until week 10 Hamstrings curl, eccentric strengthening and stretching Standing calf strengthening Step-ups Theraband and cord strengthening</p>
---	---	---	---	--	--



<p>Phase 3 week 12-24</p>	<ol style="list-style-type: none"> 1. Progress Strengthening 2. Progress cardiovascular and endurance 3. Neuromuscular control 4. Commence neuroplasticity training 	<p>Functional knee brace for exercises</p>	<p>WBAT</p> <p>4 months Start inline Jogging</p> <p>5 months start running</p>	<p><i>*Limit open chain quads exercises as per ACL protocol until 6 months</i></p> <p>Introduce mini trampoline Progress resistance on gym equipment Multi-directional step ups and lunges Full range leg press and squats Hamstrings curls prone or seated</p> <p>Introduce agility drills- ladder, hopping, side stepping from 5 months</p> <p>Introduce shuttle runs, skipping, side runs from 5 months</p> <p>Introduce kicking for combat sport from 5 months (no heavy bag)</p>
---	---	--	--	--



Phase 4 Sport Specific	1. Jogging and Running 2. Quadriceps Function 3. Co-ordination and proprioception 4. Neuroplasticity training from 5 months	No Bracing required	Unrestricted	No pivoting or cutting for 6 months No Pivoting sport for 9+ months	*Limit open chain quads exercises as per ACL protocol until 6 months Progress As above Agility Proprioception Including wobble board Sport/Work Specific <ol style="list-style-type: none"> a. Zigzag running from 24 weeks b. Figure 8's gradually decreasing in size c. Cross over stepping d. Backwards with cutting e. Stop and go drills
-----------------------------------	--	----------------------------	--------------	--	---



Return to Sport Criteria

- a. Medical Clearance**
- b. No Joint Effusion**
- c. Pain free ROM within 5° of contralateral side**
- d. 90% quads and hamstrings index relative to contralateral side**
- e. Landing Assessment**
- f. Single leg hop/Triple Hop Test Symmetry**
- g. Agility test without compensation**
- h. Neuroplasticity training complete**