



Curtis Bush, MD
817-878-5300

ACL – BTB with meniscus repair protocol

Milestones:

- Brace progression
 - Hinge knee brace 0 - 6 weeks
 - ACL brace 6 weeks – 3 months
- Crutches 6 weeks
- Single leg squats 2 months
- Straight ahead jogging 3 months
- 2 leg jumping 3 months
- 1 leg jumping 4 months
- Agility/ MP movements 4 months
- Return to sport 6-8 months

PHASE I (wk 0 – 4) MOTION & QUAD CONTROL – Flat foot protected WB for 6 weeks, FROM (or initially 0-90 x 4 weeks)

Week 1

- Wall slides
- Extension/flexion
- Patellar mobilizations/quad and patellar tendon mobilization
- Long sit calf/hamstring stretch
- Quad sets
- SLR w/ quad set – 4 positions

Week 2

- Same as above
- Swim Ex
 - Soldier/scissor
- Trunk

PHASE II (wk 5 – 8) 2-LEG CLOSED CHAIN

Week 5

- Same as above
- Stationary bike
- Shuttle
- Mini squat

- Swim Ex
 - Deep well cycling

PHASE III (wk 8 – 12) 1-LEG CLOSED CHAIN

Week 8-12

- Same as above
- Single leg squat (1-leg closed chain)
- Step ups
- Lunge
- Sport cord squat
- EFX

PHASE IV (wk 12 - 16) MULTI-PLANAR MOVEMENT

Week 12-16

- Outdoor biking
- Straight ahead jogging
- Multi-planar lunge
- Tubing side steps

Week 12-16

- Sagittal and frontal plane low impact agility
- Stair stepper
- Weights
- 2-legged hops

PHASE V (wk 16 – 24) AGILITY PROGRAM

4 months

- 1-legged hops
- Multi-planar agility

5 months

- Golf

6-8 months

- Skiing, basketball, tennis, football, soccer