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ACL Reconstruction with Hamstring Graft Autograft and Meniscus Repair

Milestones:

- Brace progression
 - Hinged knee brace 6 weeks
 - ACL brace 6 weeks-3 months
- Crutches 6 weeks
- Single leg squats 8 weeks
- Straight ahead jogging 12 weeks
- 2 leg jumping 3 months
- 1 leg jumping 4 months
- Agility/ MP movements 4 months
- Return to sport 6-8 months

PHASE I (wk 0-3) MOTION & QUAD CONTROL- NWB 6 weeks

Week 0-1

- Wall slides to 90
- Extension/flexion – sitting to 90
- Patellar mobilizations/quad and patellar tendon mobilization
- Long sit calf/hamstring stretch
- Quad sets
- SLR w/ quad set – 4 positions

Week 1-4

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

Week 5-8

- Same as above
- Shuttle
- Swim Ex
 - Deep well cycling

PHASE II (wk 4-8) 2-LEG CLOSED CHAIN

Week 3-4

- Same as above
- Stationary bike
- Shuttle
- Swim Ex
 - Deep well cycling

Week 4-6

- Same as above
- Mini squat (2-leg closed chain)

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

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

3 months

- 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 months

- Skiing, basketball, tennis, football, soccer