

Dr. Craig Chike Akoh, M.D.
PEDIATRIC ACL RECONSTRUCTION WITH MENISCAL REPAIR
REHABILITATION PROTOCOL

	WEIGHT BEARING	BRACE	ROM	EXERCISES
<i>PHASE I</i> 0-2 weeks	Full in Brace locked in extension	Locked in full extension for sleeping and all activity* Off for exercises and hygiene	0-90° when non-weight bearing	Heel slides, quad sets, patellar mobs, SLR, SAQ No weight bearing with flexion >90°
<i>PHASE II</i> 2-6 weeks	2-6 weeks: Full in Brace unlocked 0-90°	2-6 weeks: Unlocked 0-90° Off at night Discontinue brace at 6 weeks	As tolerated	Addition of heel raises, total gym (closed chain), terminal knee extensions Activities w/ brace until 6 weeks; then w/o brace as tolerated No weight bearing with flexion >90°
<i>PHASE II</i> 7-12 weeks	Full, progressing to normal gait pattern	Discontinue at day 28 if patient has no extension lag	Main full extension and progressive flexion	Progress Phase I Begin toe raises, closed chain quads, balance exercises, hamstring curls, stationary bike, step-ups, front and side planks, hip/glute/core, pool

<i>PHASE III 12-16 weeks</i>	Full, without use of crutches and with a normalized gait pattern	None	Gain full and pain-free	Advance closed chain strengthening, progress proprioception activities Begin stair-master, elliptical and running straight ahead
<i>PHASE IV 16-24 weeks</i>	Full	None	Full and pain-free	16 wks: Begin jumping 20 wks: Advance running to sprinting, backward running, cutting/pivoting/changing direction, initiate plyometric program and sport-specific drills 22 wks: Advance as tolerated FSA completed at 22 wks

<i>PHASE V</i> > 6 <i>months</i>	Full	None	Full and pain-free	Gradual return to sports participation after completion of FSA Maintenance program based on FSA
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- Brace may be removed for sleeping after first post-operative visit (day 7-10)
- Completion of FSA (Functional Sports Assessment) not mandatory, but recommended at approx. 22 weeks post-op for competitive athletes returning to play after rehab

For any questions or concerns regarding the protocol or rehabilitation process please contact my Athletic Trainer below.