

**ACL Reconstruction with Bone-Patellar Tendon-Bone (BTB) Autograft  
 and Meniscal Repair (All Inside) Protocol**

	<b>Weight-baring</b>	<b>Brace</b>	<b>Range of Motion</b>	<b>Exercises</b>
<b>Phase 1</b> 0-6 weeks	Full in brace (a)	<b>0-2 week:</b> Locked in full extension for ambulation and sleeping  Off for exercises and hygiene only  <b>2-6 weeks:</b> Unlocked 0-90° for ambulation, remove for sleeping (a)	Passive 0-90° by 2 weeks	Calf pumps, patellar mobilization, quadriceps tightening sets and SLR in brace. No weight-bearing motion.  Add side-lying hip and core, advance quad set and stretching (a)  <b>In brace:</b> Addition of heel raises, total gym (closed chain), gait normalization, eccentric quads, eccentric hamstrings  Advance core work with hip, gluteal and core strengthening  No weight-bearing with flexion >90°
<b>Phase 2</b> 6-12 weeks	Full, progressing to normal gait pattern	Discontinue at 6 weeks if quadriceps control is adequate (no extension lag)	Gain full and pain-free	Begin toe raises, closed chain quads, balance exercises, hamstring curls, stationary bike, step-ups, front and side planks, hip/glute/core
<b>Phase 3</b> 12-16 weeks	Full with a normalized gait pattern	None	Full	Advance closed chain strengthening  Progress proprioception activities  Begin stair climber, elliptical at 8 weeks and running straight at 12 weeks when 8" step down is satisfactory
<b>Phase 4</b> 16 weeks –	Full	None	Full	<b>16 weeks:</b> Begin jumping  <b>20 weeks:</b> Advance running to sprinting, backward running, cutting, pivoting, changing

6 months				direction, initiate plyometric program and sport-specific drills <b>22 weeks:</b> Advance as tolerated FSA completed at 22 weeks (b)
<b>Phase 5</b> 6-12 months	Full	None	Full	Gradual return to sports participation after completion of functional sports assessment (FSA) Maintenance program based on FSA
<p>SLR – Straight-leg raise</p> <p>(a) Modified with concomitantly performed meniscus repair/transplantation or articular cartilage procedure</p> <p>(b) Completion of FSA (Functional Sports Assessment) is not mandatory, but is recommended at approximately 22 weeks post- op for competitive athletes returning to play after rehabilitation</p>				