

**ACL Reconstruction with Quadriceps Tendon Autograft
 and Meniscal Repair (All Inside) Protocol**

	Weight-baring	Brace	Range of Motion	Exercises
Phase 1 0-6 weeks	Full in brace (a)	0-2 week: Locked in full extension for ambulation and sleeping Off for exercises and hygiene only 2-6 weeks: 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) In brace: 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°
Phase 2 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
Phase 3 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
Phase 4 16 weeks –	Full	None	Full	16 weeks: Begin jumping 20 weeks: Advance running to sprinting, backward running, cutting, pivoting, changing

6 months				direction, initiate plyometric program and sport-specific drills 22 weeks: Advance as tolerated FSA completed at 22 weeks (b)
Phase 5 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>				