



Yalamanchili Rehabilitation

ACL + Meniscus Repair Protocol

Week 0-2

- No weight bearing on operative leg.
- Keep brace locked at 0 degrees at all times.
- Use crutches as needed for walking.
- Main goal to achieve full extension.

Week 2-6

- Start physical therapy.
- No weight bearing on operative leg.
- Unlock brace completely. Aim for ROM 0-130 degrees.
- Advance from PROM to AAROM to AROM.
- Continue brace when walking.
- Main goal to achieve full ROM.

Week 6-12

- Weight bearing as tolerated.
- Discontinue brace when safely able to walk without crutches.
- Start gait training, strengthening exercises, and proprioception training.
- Main goal to achieve full strength.

Week 12-24

- Start running program on treadmill once cleared.
- Continue stretching, strengthening, and ROM exercises as needed.

Week 24-36

- Start sport training, cutting activities, and agility drills once cleared.
- Continue stretching, strengthening, and ROM exercises as needed.
- Main goal to return to sport.