

Gregory Galano, MD
130 E 77th St, 8th Fl
New York, NY 10075
p: 212-861-2300, f: 212-861-2442
License #: 241830

Patient Name:

Date:

Date of Surgery:

**Knee Arthroscopy Rehabilitation:
ACL Reconstruction w/ meniscal repair**

1-6 Weeks

- Initially ambulate with brace locked at 0°
- PWB x 4w
- Progress R.O.M. 0-90°. Passive terminal extension (40° - 0°).
- Quadriceps re-education (electrical stim, biofeedback).
- Hamstring and hip progressive resistance exercises.
- Isometrics at 90° / Straight leg raises
- Patellar mobilization
- Short crank bicycle ergometry
- Cryotherapy
- Open brace from 0-40° at 4 weeks
- Goals: 90° flexion by end week 1

6-12 Weeks

- All exercises from earlier protocol apply plus the following:
- Progress ROM beyond 90 degrees as tolerated
- Begin squat/step program
- (Limit squat activities to a maximum of 90 degrees knee flexion)
- Begin proprioception program
- Begin quadriceps isotonic with proximal pad in 90° - 40° arc
- Continue closed chain quadriceps strengthening in full arc (leg press, wall slides)
- Begin retro program
- Nordic track
- Continue Anti-inflammatory modalities

12-24 Weeks

- All exercises from earlier protocol apply plus the following:
- Quadriceps isotonic - full arc for closed chain. Open chain: 90° - 40° arc.
- Begin functional exercise program
- Isokinetic quadriceps with distal pad
- Begin running program at 12 weeks if quad control allows

24 Weeks

- Full arc progressive resistance exercises - emphasize quads
- * Agility drills *Plyometrics
- * Advanced functional exercises *KT-1000 test if available
- Progress running program - cutting
- Isokinetic test at 60°/second, 180°/second, 240°/second

Please send progress notes.

Physician's Signature: _____
Gregory Galano, MD