



## **Greg Takenishi, MD**

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[www.sacorthosports.com](http://www.sacorthosports.com)

### **Physical Therapy Protocol**

#### **Stage I Revision ACL Reconstruction with Bone grafting and Meniscal repair**

The patient will be strict non weightbearing on the lower extremity for 6 weeks and then weight-bearing as tolerated.

Will limit the range of motion of 0 to 30 degrees for 3 weeks and then limit to 0 to 90 degrees from week 3 to 6. Following that, progress to getting full range of motion. The range of motion is limited due to the bone grafting. Start quadriceps activation immediately.

Patient can change their dressing in 3 days and then can shower. Patient should wear T.E.D. hose stockings for 2 weeks.

Patient will wear the knee immobilizer for now and then should be changed to a postoperative knee range of motion brace.

The next stage of the ACL reconstruction will be in 4 months. Patient will obtain x-rays on each postoperative visit to make sure bone graft is healing appropriately.

Second stage of the revision ACL reconstruction - plan for a bone patellar tendon bone autograft.

Sacramento orthopedic center

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