

## ACL reconstruction combined with meniscus repair

Often meniscus repair is done at the same time as ACL reconstruction. In such scenarios for first 6 weeks, you should follow meniscus repair rehabilitation protocol. You are likely to be in a brace for first 6 weeks. It is important to regain full knee extension, in this early phase.

After 6 weeks, you can wean off brace and then commence with ACL rehabilitation protocol.

Rehabilitation may change for individuals based on severity of damage to the meniscus.