


 REHABILITATION GUIDELINES
ACL RECONSTRUCTION

(Meniscal repair in combination with the ACL Reconstruction does not alter this Protocol)

INPATIENT

DOS:

- Instruct in initial exercises: quad sets, straight leg raise w/out extensor lag, hamstring sets, gluteal sets, supine abduction and adduction, and ankle pumps.
- Instruct in WBAT gait with assistive device on level surfaces and stairs and/or curb.
- Towel roll under heel with knee unsupported 4 times/ day to emphasize full knee extension.
- Gravity assisted and active assisted knee flexion.

3-5 DAYS POST-OP

DATE:

- Initiate PT at 3-5 days po
- In brace till good quadriceps control
- Emphasis on full extension ROM by week 2.
- Continue with all of the above exercises with emphasis on terminal knee ext control.
- Use electrical stimulation when indicated for pain control and NMES for quad activation facilitation with functional exercises.
- Begin patellar mobilization.
- Gradually progress in weight bearing status (e.g. 2 crutches to single crutch to full weight bearing.)
- PRE hamstring curls (**HAMSTRING GRAFT-avoid hamstring curls until 4 weeks post op. At four weeks post op progress hamstring curls as tolerated**).
- Stationary bike when adequate flexion (week 2).
- Stair climber when tolerated (week 2).
- Leg press with light resistance when tolerated (week 2).
- Heel raises
- SLS control when tolerated and with rotational control

3-6 WEEKS POST-OP

DATE:

- Progress ROM to full flexion by 6-8 weeks
- closed chain activities – (leg press, partial progressing to full squats, Standing hip abd, ext B with involved incorporating stance control progressing to mini-knee bend control, step-downs w/ emphasis on eccentric control
- Progress SLS control
- Initiate lateral activities
- Sport cord exercises.
- Mini-tramp walking (week 4).



6-12 WEEKS POST-OP

DATE:

- Re-educate that autograft is weakest at 6 weeks
- Progress proprioceptive retraining.
- Progress lateral control
- Progress to standard bike and swimming.
- Progress mini-tramp to light jogging (6-8 weeks).

3-4 MONTHS POST-OP

DATE:

- Continue strengthening and ROM. (Can begin isotonic/closed chain exercises).
- Begin straight-ahead activities such as jogging when involve leg 80% or uninvolved with max strength testing
- Begin agility drills including lateral and backward running, vertical jumping, jumping rope, carioca, stair climbing, high knee drills and figure eight running.

4-5 MONTHS POST-OP

DATE:

- Goal of 100% quad and HS strength involved to uninvolved side with max strength testing by 4 months
- Return to sport specific training
- Release to sport per MD