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ACL Reconstruction

This information and protocol is a guideline, individual variations and changes will apply

<u>Postop</u>	<u>Goals</u>	<u>Precautions</u>	<u>Exercises</u>
Weeks 0-2 PT 1x/week HEP daily	Full passive extension Minimum 90° knee flexion Patella mobility Edema and pain control SLR without lag Promote independence	TTWB to PWB (50%) Brace locked at 0° for ambulation Brace locked at 0° for sleeping Avoid active knee extension 40→0°	Passive extension A/AA knee flexion Short crank ergometry Patella mobilization Quad re-education and SLR Bilateral leg press 5-75° Hip/Core training
Weeks 2-6 PT 2-3x/week HEP daily	Full passive extension ROM 0-125° Normalize patella mobility Improve quad control Normalize gait pattern Ascend 8" step with control	WBAT Open brace 0-40°, ambulate with crutches until adequate quad DC crutches when non-antalgic gait Brace locked at 0° for sleep x 4wks Avoid active knee extension 40→0° Avoid reciprocal stairs until adequate quad control	AAROM knee flexion/extension Emphasize full passive extension Standard ergometry (ROM>115°) Patella mobilization Mini-squats Initiate step-up program Proprioceptive training Bilateral leg press 0-80° Hip/Core training
Weeks 6-16 PT 1-2x/week HEP daily	Full ROM Descend 8" step with control Improve ADL endurance Protect patellofemoral	WBAT DC brace when adequate quad Avoid painful activities No running	Progress squat/leg press Initiate step-down program Quad isotonic 90-40° arc Advance proprioceptive training Elliptical Retrograde treadmill
Weeks 16-26 PT 1-2x/week HEP daily	Symptom free running Maximize strength/flexibility Hop Test >75% limb symmetry	WBAT Avoid painful activities	Initiate forward running program when 8" step-down satisfactory Advance agility program Plyometrics when adequate strength
Weeks 26+ PT 1x/week HEP daily	No apprehension with sport specific movements Maximize strength and flexibility to meet sporting demands Hop Test >85% limb symmetry	WBAT Avoid painful activities No return to sport until MD clearance	Advance flexibility/agility/plyometrics Sport specific training