

ACL Reconstruction Rehabilitation Protocol w/ Graft: _____

Phase/ Goals	Immobilization	ROM	Therapeutic Exercises
<p>Phase 1 (0-6 weeks)</p> <p>Goals:</p> <ul style="list-style-type: none"> ● SLR x 20 without lag ● Normal gait mechanics ● PROM: 0 → 120° ● Eliminate effusion ● Hold wall slides x 2 wks 	<p>Knee brace until quad function returns</p> <p>weightbearing as tolerated with crutches x 2 weeks. May wean when quad function returns</p>	<ul style="list-style-type: none"> ● Avoid open chain extension ● Begin PROM 0 – 120 deg (by end of 6 weeks) ● Patellar mobilization all directions <p>Modalities:</p> <ul style="list-style-type: none"> ● NMES if unable to perform SLR without lag ● Cryocuff/Game Ready Compression/ Ice 	<ul style="list-style-type: none"> ● Bike for ROM on no resistance AFTER 2 weeks ● Flexion: heel slides, seated knee flex ● Extension: heel prop, prone hang ● Long sitting HS stretch ● Quad sets, glut sets ● SLR x4 with assist until no lag ● Standing TKEs ● Ankle pumps ● Calf raises on leg press ● Gait training on flat TM
<p>Phase 2 (7-12 weeks)</p> <p>Goals:</p> <ul style="list-style-type: none"> ● No effusion ● ROM>125 ● Normal functional strength ● ADLs WNL ● Quad set that terminally extends knee 	<p>No brace</p> <p>Full ROM</p>	<ul style="list-style-type: none"> ● Begin full A/ PROM as tolerated <p>Modalities:</p> <ul style="list-style-type: none"> ● Hi-volt IFC for edema control/ice ● Scar STM when incision healed ● Patellar mobs all directions ● Gentle prone quad stretch/knee flex ● Manual assist extension/passive stretch ● HS STM for extension assist 	<ul style="list-style-type: none"> ● Bike for ROM ● May begin elliptical when normal gait and full biking without pain ● Heel slides/wall slides/seated assist flexion ● Lateral band stepping ● LE stretching: HS, quads, ITB, piriformis (pain free) ● Quad sets/glut sets, clams/mini-hydrants/glut pushes ● RDL ● Calf raises on leg press ● Single leg press ● Standing TKEs ● Gait training- when gait WNL, progress to reverse incline ● SLS- begin flat surface, progress to uneven surface/airex



<p>Phase 2 (cont.)</p>			<ul style="list-style-type: none"> ● Wobble board/Dyna-disc/Bosu balance
<p>Phase 3 (13-18 weeks)</p> <p>Goals:</p> <ul style="list-style-type: none"> ● Quad index >70%, Y balance anterior reach <8cm side to side difference 	<p>Maintain ROM and full weightbearing</p>	<ul style="list-style-type: none"> ● Full A/PROM <p>Manual:</p> <ul style="list-style-type: none"> ● Joint mobs PRN for full flex and ext ROM ● Patellar mobs/ Scar STM with extractor <p>Modalities:</p> <ul style="list-style-type: none"> ● Ice/stim PRN 	<ul style="list-style-type: none"> ● Bike, elliptical, stair master ● Step ups/lateral step over's- progress to faster pace ● Lunges- stationary (may progress to walking at week 12) ● Lateral walks with sport cord ● SLS dynamic surfaces with ball toss and perturbation training ● Begin walk-jog progression week 14 if full ROM/no edema/full strength and can perform SL hops x10 pain-free (SUPERVISED) ● No cutting or pivoting
<p>Phase 4 (19-24 weeks)</p> <p>Goals:</p> <ul style="list-style-type: none"> ● Jogging without pain/swelling ● SL jump w/o difficulty 	<p>Fit for ACL brace</p>	<ul style="list-style-type: none"> ● Full A/PROM 	<ul style="list-style-type: none"> ● Continue everything in phase 3 ● Increase walk-jog progression to easy pace with incline ● Jogging patterns at 50-75% speed ● Muscular power – squads, split jumps, sled drags
<p>Phase 5 (25+ weeks)</p> <p>Goals:</p>		<ul style="list-style-type: none"> ● Continue Full A/PROM 	<ul style="list-style-type: none"> ● Figure 8 running patterns/running progression ● Ladder/footwork drills ● Gym-program activities

Aaron J. Casp, MD

Sports Medicine, Hip, Knee, and Shoulder Surgery

p: (303) 835-8561

f: (303) 879-4036



<ul style="list-style-type: none">• Sport-specific training without pain or swelling• Functional Knee Test results >85% (taken at week 20)	CTI/ACL brace for activity	<ul style="list-style-type: none">• Modalities PRN	<ul style="list-style-type: none">• Sport-related strengthening Gym-program activities• Progress plyometric progression• Can begin isolated resisted hamstring exercises
<p>Phase 6 (>28 weeks)</p> <p>Goals:</p> <ul style="list-style-type: none">• Slow progression and return to higher level activities and sport• Need Clearance by Dr. casp	CTI/ACL brace for activities	<ul style="list-style-type: none">• Continue Full A/PROM	<ul style="list-style-type: none">• Progress sport/job-specific training (pivoting, change of direction, kicking, interval training).• No contact, no cleats initially