

Anterior Cruciate Ligament Reconstruction Protocol

Initial Post-op Visit:

- Gait training (WBAT unless otherwise noted)
- Focus on obtaining full extension
- Instruct in HEP consisting of: Quad Sets, Glut Sets, Supine Extension Stretch, Ankle Pumps, Heel Slide, Weight Shifting, SLR without the brace if no extension lag, and if the repair did not involve the hamstring, HS Sets, but avoid this if repair used hamstring
- Set stop on post-op brace to available knee flexion, show how to unlock in sitting
- Set brace extension to 0° and readjust to fit well without dressing
- Ice 20 minutes 3x/day

Week 1

GOALS: 1) ROM 0-90° 2) SLR with no extension lag 3) Obtain full extension 4) Good Quad Set

- E-stim and ice (to gain quad control and decrease edema)
- Begin bike and closed chain exercises (toe raises, mini squats, CKC TKE)
- Continue re-gait activities, weight shifting, and gait training
- Adjust post-op brace to accommodate ROM increases
- Remove sutures 7-10 days post-op at doctor visit

Week 2

GOALS: 1) ROM >90° 2) Ambulate with brace unlocked when able to do 20 SLR with no lag 3) Edema significantly decreased 4) Good hamstring and gastroc/soleus flexibility

- Begin balance/proprioceptive training
- Maintain patellar mobility and edema control
- Begin lunges, step overs on 2 inch step

Weeks 3-4

GOALS: 1) ROM 0-120° 2) Good eccentric control on 4 inch step 3) Ambulate without brace in clinic with slow cadence

- Continue eccentric quad control
- Progress PRE's
- Progress balance/proprioceptive training
- Sleep without the brace

Weeks 4-6

GOALS: 1) Ambulate without an AD and no deviation 2) D/C post-op brace once 120° flexion and good quad control is reached 3) Can drive once 3 sets of 30 seconds SLS with slight knee flexion can be performed with no LOB

- Begin open chain exercises as needed if no lag with SLR
- Begin elliptical as needed
- Fitting for functional ACL brace

2 Months Post-Op

GOALS: 1) Full AROM 2) Gain aerobic capacity 3) Avoid patellofemoral/patellar tendonitis symptoms

- Increase aerobic training, strength exercises, and balance/proprioceptive activities
- Begin Agility Ladder, Total Gym Plyos

2.5 Months Post-Op

GOALS: 1) Jog without deviation or pain 2) Good eccentric quad control without functional valgus

- Continue hip and knee strengthening and issue comprehensive HEP
- Continue Agility Ladder and straight line plyos
- Begin jogging on treadmill and outside (no quick direction changes or lateral cutting)
- Place on hold until 5 months post-op

5 Months Post-op

GOALS: 1) Safely demonstrate symmetrical lateral cutting and jumping activities

- Increase tolerance and symmetry lateral cutting
- Sport specific training
- Return to sports when cleared by physician and physical therapist
- Recommend sports warm-up for muscle facilitation and flexibility