



orthopedic ONE

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ACL Reconstruction Protocol

Phase I: (0-6 weeks)

Goals:

Alleviate acute pain and swelling

Increase ROM 0-90° (emphasize 0° extension) Increase hamstring and quadriceps strength

Promote comfortable ambulation WBAT with brace and crutches Brace: Locked in extension week 1, then unlocked for weeks 2-5. Maintain cardiovascular conditioning

Plan: (0-2 weeks) Patellar mobilization

PROM positioning for knee extension ROM

Heel/wall slides w/o brace

1/2 revolution non-resisted brace for knee flexion - progress to full revolution when patient reaches 110°

Hamstring and quadriceps co-contraction

Hamstring and calf stretching

4-Quad (hip flexion, abduction, adduction, extension) Modalities for pain and edema control

Plan: (2-6 weeks)

Soft tissue/scar mobilization Prone/standing knee flexion

Proprioceptive training/balance -BAPS, trampoline

Weight shifting in standing, 0-30° ROM mini-squats EMS co-contraction at VMO and hamstrings

Theraband ankle exercises - progress to standing as WB dictate's Begin Stairmaster at 4 weeks

General conditioning

Aquatic therapy (when incisions healed) No whip kick

Phase II (6-12 weeks)

Goals:

Decrease swelling and prevent atrophy

Increase ROM 0-125°

Increase quadriceps and hamstring strength Increase hip strength

Stimulate collagen healing

Independent ambulation without crutches Continue general conditioning

ACL Reconstruction Protocol

CONTINUED

Plan:

Continue phase I exercises
Continue patellar mobilization and ROM activities
Continue hamstring and calf stretching
Standing $\frac{1}{2}$ squat
Joint and soft tissue mobilization as needed
Isotonic hamstring NK table
Leg press
Continue closed chain, balance and proprioceptive activities
Continue EMS as needed for muscle re-education and edema
Step-ups (controlled - forward and side)
*McConnell taping as necessary
May begin swimming with modified kick (no "whip kick" or "egg beater kick")
General conditioning

Phase III (12-20 weeks)

Goals:

Full ROM
Continue all goals from Phase II

Plan: (12-16 weeks)

Continue phase II exercises and progress as tolerated
Step-up - side and down
Increase proprioceptive training (sport cord, body blade, plyoballs)
Treadmill as tolerated
Continue Stairmaster wall sits as tolerated

Plan: (16-20 weeks)

Light jogging on trampoline $\frac{1}{4}$ to $\frac{1}{2}$ squats (pain-free)
Progress with closed chain activity
Isotonic terminal knee extension ($30-0^\circ$)

Phase IV (20-36 weeks)

Goals:

Development of strength, power and endurance
Begin to prepare for return to recreational activity
Begin sport specific training

Plan:

Continue Phase III exercises and conditioning activities
Continue strength training
Initiate running program
Initiate agility drills
Sport specific training and drills
Isokinetic evaluation