

## ACL Reconstruction Post Op Rehab

### Weeks 1

- Ankle Pumps every hour
- Post-op brace to maintain full extension
- Quad sets and SLR (Brace on) with no extension lag
- Pillow or towel roll under heel to regain full knee extension
- Patellar mobilization exercises
- Heel Slides
- AAROM off the end of the table (using non-surgical leg for assistance)
- PWB with brace locked in Full Knee Extension 0-50 % (until excellent quad control then allow for PWB with Brace unlocked), Brace locked in Full Extension for sleeping. Brace can be unlocked for sitting
- PROM 0 to 110 of Knee Flexion do not force pass 90 of knee flexion
- Ice or Cryo-cuff (use a pillow case or thin towel over the bladder portion to give thin barrier between skin and bladder) for 20 minutes on and 30 to 40 minutes off.
- **If Hamstring graft, no isolated hamstring exercises till 4-6 wks**

### Weeks 2-3

- Supervised PT 2-3 per week (may need to adjust based on insurance)
- Continue SLR's in brace (until patient is able to without any Extension Lag), Quad isometric sets, ankle pumps, patellar mobilization, heel slides, AAROM off the end of the table, passive knee extension with towel roll under heel
- Patient should have full Passive Knee Extension and slight hyper extension equal to non-surgical leg
- PWB with brace locked in Full Knee Extension 0-50 % (until excellent quad control then allow for PWB with Brace unlocked). Brace locked in Full Extension for sleeping. Brace can be unlocked for sitting.
- May remove brace for HEP, Except for SLR (if patient has Extension Lag)
- Quad E-Stim for muscle re-education (use until Excellent Quad Control & No Extension Lag)
- Stationary Bike for ROM start with seat elevated and work toward normal seated biking position. Minimal resistance
- Leg Press ( Two legs, Single Leg, Eccentric Single Leg) 0-95 to 100 degrees of flexion
- Closed Chain Lower Extremity Exercises (per WB restriction) ie. Mini squats
- Balance and proprioception ( per WB restriction)
- Progressive Resistive Hamstring Exercise (**not to begin if Hamstring graft till 4 to 6 wks**)
- Heel Raises
- Hip Strengthening Exercises
- Core Exercises

### Weeks 4-6

- Continue above exercises and ice as necessary.
- Can begin Scar massage / mobilization
- Work toward Full PROM ( by 6 wks)
- Can progress from 50 - 100% WB (to progress needs Excellent Quad Control/ No Extension Lag, minimal edema, and normalized gait) ( Goal 100 % by 4 to 6 wks)

- Continue to progress LE Closed Chain Exercise (working towards passing Leg Press Test ) Sagittal Plane and Minimal Frontal Plane Exercises (TB Lateral Steps) No Transverse

#### 6 Weeks-3 Months

- Continue to progress LE Closed Chain Exercise (working towards passing Leg Press Test ) Sagittal Plane and Frontal Plane Exercises (TB Lateral Steps) No Transverse
- Allow Aquatic Therapy if requested (**all incision are completely scarred over/ Flutter Kick only. No whip Kicks**)

#### Months 3-5

- Continue to progress LE Closed Chain Exercise (working towards passing Leg Press Test and Single Hop Test)
- Progress to Home Jogging Program when cleared by MD/PA

#### Month 5-6

- Continue to progress LE Closed Chain Exercise (working towards passing Leg Press Test and Single Hop Test)
- Agilities (can begin once they have passed there Leg Press Test and Single Leg Hop Test)
- Light Sagittal Plane and Frontal Plane Plyometric (**criteria to begin Quad Strength > 80% contralateral side, Full AROM, Swelling <1 cm at joint line, no pain**)
- Agilities (can begin once they have passed there Leg Press Test and Single Leg Hop Test)

#### Month 6-9

- Continue to progress LE Closed Chain Exercise (working towards passing Leg Press Test and Single Hop Test)
- Progress to Sport Specific Agilities and Sport Related Plyometrics (once they have finished general agility program and passed Leg Press Test and Single Leg Hop Test, Satisfactory MD exam)