

**ACL Reconstruction Protocol**  
*Scottish Rite Children's Medical Center*  
*Sports Medicine Department*

Patient Name:		Date of Birth:	Date of Surgery:
Time After Surgery	Rehabilitation		Date Achieved
	<p>Bracing: Post-op hinged brace, locked in extension for 1 week. Increase range as patient moves to days 2-14.</p> <p>Cryocuff</p> <p>Crutches: weight bearing as tolerated (5-10 days)</p> <p>CPM (Patellar tendon grafts only): 0-40°; advance 5-10° every 8 hours</p> <p>Begin SLR's with post-op hinged brace in hospital locked in full extension.</p> <p>Discharge from hospital. Pre-requisite to discharge as follows:</p> <ol style="list-style-type: none"> <li>1. Satisfactory pain management</li> <li>2. Full passive extension</li> <li>3. Independent with transfers</li> <li>4. Independent with cryocuff</li> <li>5. Independent with crutches on level surfaces/stairs</li> <li>6. Be able to perform HEP below without difficulty</li> <li>7. Set up outpatient PT</li> <li>8. Discharged with a copy of this protocol</li> <li>9. Home CPM machine rental (patellar tendon graft only)</li> </ol> <p><b>Home Exercise Program:</b> (out of brace)</p> <ol style="list-style-type: none"> <li>1. Passive and active knee extension to 0 degrees</li> <li>2. Patella mobilizations (in all 4 directions)</li> <li>3. Scar massage to donor graft site (i.e. hamstrings)</li> <li>4. Ankle pumps</li> <li>5. 4-way straight leg raises: 3 x 10, no weight</li> <li>6. Quad sets</li> <li>7. Heel slides</li> <li>8. AAROM exercises to increase flexion (0-90°) i.e. knee flexed over table edge with support of opposite leg or wall slides</li> </ol>		
Day 2-14	<p>Continue to progress with PT (1-2x/week)</p> <p>Bracing: Continue with hinged brace; Brace unlocked except at night.</p> <p>Weight-bearing: As tolerated, wean off crutches by 7-10 days.</p> <p>Cryocuff: On 30 minutes before and after exercises and as needed for pain and swelling.</p> <p>Modalities: Hi-volt, E-stim, biofeedback as needed for pain, swelling, muscle re-education.</p> <p>Physician follow-up approximately 2 weeks</p> <p>Exercises: <b>Same as above</b>, add following:</p> <p>Open chain 90-40° (no weight), closed chain 0-60° (leg press)</p> <p>Light weight to 4-way SLR</p> <p>Calf raises 3x10</p> <p>KinCom (or equivalent) isometric (90°, 60°, 40°)</p> <p>Mini-squats (0-40° ROM)</p> <p>Prone hamstring curls</p> <p>PROM: Prone leg hangs</p> <p>AROM: Goal 120° flexion. Maintain full extension.</p> <p>Bike for ROM, seat high.</p>		

## (ACL Reconstruction cont'd)

		Date Achieved
Weeks 3-5	Continue with PT (1-2x/week) Bracing: Hinged brace with comfortable range of motion. Cryocuff: 30 minutes before and after treatment. <b>Exercises:</b> Continue with present exercises. Add: Short step-ups Lateral step-ups Continue stationary bike ROM only, seat high ROM: 0-120° Continue to progress with weights Begin running in pool	
Week 6	Physician follow-up: Decide about use of functional brace; if yes, measure for Brace and order  Brace and order.	
Weeks 7 & 8	Continue with PT: 1x/week with physical therapist and at least 2x/week at self- Directed gym. <b>Add exercises:</b> SLR's up to 7lb., 10 sets of 10 Standing hamstring curls and stool walks Step machine Slide board and standing baps board Long strides with plyo-cord UBE for upper body Isotonic KinCom quads and hams, 10-15 pounds Start walking program ½ - 1 ½ miles	
Week 9-12	Continue with PT (1x/week with physical therapist and at least 2x/week at self- directed gym) Physician follow-up: 12 weeks Full ROM. Isokinetic evaluation Discontinue SLR's Bike for endurance Add the following exercises to be completed <b>in FUNCTIONAL BRACE</b> (if Selected): Running figure 8's, then cutting to half speed Add closed space agility drills, dot hops, and lateral shuffles Concentric/Eccentric Kincom for quads and hams at variable speeds	
4 months	Start sports specific activity program	
6 months	Return to full sports only if patient has met criteria of the following: Full ROM, no effusion, good knee stability, completed SSAP without pain or limp, isokinetic program established 90% of uninvolved side, and cleared by physician.	
12 months	Final follow-up with physician	

Revised 11/17/98