

ANTERIOR CRUCIATE LIGAMENT RECONSTRUCTION PHYSICAL THERAPY PROTOCOL

*Pre-op: Schedule appointments for 3 times a week for 8-12 weeks, starting the day after surgery.
Gait training with crutches (pwb).*

Post-op:

*Day 1: Remove Jones dressing and re-dress with lighter dressing.
Begin PWB as tolerated with crutches,
SLR's (4 planes if tolerated),
Quad Sets,
Hamstring sets,
Calf raises,
Gentle ROM. (i.e.: heel slides, wall slides)
Prone hangs to emphasize full knee extension,
Hamstring stretch, calf stretch.*

Instruct in home program with regard to progression of weight bearing and general precautions to minimize pain, effusion and infection. Ice for 15 minutes on, then 30 minutes off.

Weeks 1-2:

Outpatient: 2-3 times a week

- 1. May wean off crutches as strength, proper gait and therapist allows.
(Usually one to two weeks.)*
- 2. Progress to stationary bike as flexion reaches- 100 degrees.*
- 3. Progress to ankle weights for SLR's (4 planes). (if no quad lag)*
- 4. Closed chain TKE's., Mini squats.*
- 5. Treadmill for gait training and endurance.*
- 6. Multi- angle isometrics for quads 90-40 degrees, full range for hamstrings.*

ACL Reconstruction Protocol

page 2

Week 3 - 4

1. Continue to increase weights on SLR's.
2. Begin use of isotonic strengthening devices for hamstrings, hip and calf muscles as strength allows. This depends on the minimum weight available on the machine.
3. Increase biking.
4. Begin Stairmaster, as tolerated.
5. Continue to work on gaining full knee flexion but make sure full knee extension is also being maintained.
6. Begin step-ups, continue partial squats on 2 legs progressing to 1 leg and / or with rubber tubing.
7. Pool activities if available.
8. Isokinetics for hamstrings.

Week 4 - 8:

Begin isotonic quads 90-40 degrees only.

Begin proprioceptive training. Progressing as control and coordination allows.

Week 8-12:

Begin isokinetic for quads with anti-shear device. Start with 90-40 degrees with progression gradually to full ROM.

Progress isotonic quads gradually through full extension.

Begin jogging straight ahead.

Week 20-24:

Begin cutting drills. Prepare for return to sports.