

ACL Reconstruction Repair Protocol

Richard Johnston, MD

	Time Frame																		
Weeks	Months																		
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	5	6	7
Bracing																			
Ace / Compressive dressing	x	x																	
Knee Immobilizer / Brace 0 degrees	x	x																	
Functional brace with ambul/exer/sports	x	x	x	x	x	x													
Discontinue (except with sports) per MD						x	x												
Range of Motion																			
Brace in extension except with exercise	x	x	x																
Prone hangs / seated passive extension	x	x	x	x	x	x													
Seated gravity flexion / active assisted flex.	x	x	x	x	x	x													
Knee flexion out of brace																			
90 degrees	x	x																	
120 degrees			x																
135-140 degrees				x	x														
Ankle pumps	x	x	x	x	x	x													
Hip ROM	x	x	x	x	x	x													
CPM (particular circumstances)	x	x	x	x															
Weight Bearing																			
WBAT	x	x																	
D/C crutches	x	x																	
Delay WB for meniscus repair / chondroplasty			x	x															
Therapy / Modalities																			
Cold / Ice	x	x	x	x	x	x	x	x	x	x	x	x							
Electrical stimulation	x	x	x	x	x	x													
Patellar mobilization	x	x	x	x	x	x	x	x											
Scar massage			x	x	x	x	x	x											
Neuromuscular re-education (VMO/Quad)		x	x	x	x														
Proprioception Training																			
Supported single-limb balance		x	x	x	x														
Two feet balance on unstable platform (KAT/Tilt board)		x	x	x	x	x													
<i>Eyes open then closed</i>																			
One foot balance on unstable platform				x	x	x	x												
<i>Eyes open then closed</i>																			
Unsupported single-limb balance				x	x	x	x												
Single limb hop					x	x	x	x	x										
Lateral slide board exercises								x	x	x	x								
Mini-trampoline hopping / jogging									x	x	x	x							

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Weeks

Time Frame

Months

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	5	6	7
Strengthening																			
Add sets / Quad sets / SLR (in extension)	x	x	x	x															
Calf raises	x	x	x	x	x	x													
1/4 squats Both limbs	x	x	x																
Single limbs			x	x	x	x													
Stool skoots			x	x	x	x													
Wall sits		x	x	x	x	x													
Resisted knee extension (90 to 60 degrees) with proximal resistance		x	x	x	x														
Resisted knee extension (90 to 40 degrees) with proximal resistance					x	x	x	x	x										
Resisted knee extension (full range)																		x	x
Hamstring curls (prone / standing)		x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
Progressive closed-chain exercises / activities			x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
Step-ups (lateral, forward, backward)				x	x														
Stair walking (forward / backward, up / down)					x	x													
Hip machine (adduction / abduction)			x	x															
Abdominal / Lumbar machine			x	x															
Cybex					x	x	x	x	x	x	x	x							
TKE's with theraband (standing)			x	x	x														
Conditioning																			
Stationary bike - (low resistance)	x	x																	
Stationary bike - (progressive resistance)			x	x	x	x	x												
Recreational bike				x	x														
Treadmill (forward / backward jogging)		x	x																
Stairmaster / elliptical machine			x																
Swimming																			
Row machine					x	x													
Jogging / running								x	x	x									
Stair running											x	x	x						
Agility / Sport Specific Training																			
Rope jumping / assisted running with sport cord						x	x	x	x	x	x	x							
Plyometrics								x	x	x	x	x	x	x	x	x			
Shuttle run								x	x	x	x	x	x	x	x	x			
Cutting drills								x	x	x	x	x	x	x	x	x	x	x	x
Side board/Fitter							x	x	x	x	x	x	x						
Sprinting										x	x	x	x	x	x	x	x	x	x
Platform / bench jumping / sports specific drills												x	x	x	x	x	x	x	x