

## ACL RECONSTRUCTION REHABILITATION PROTOCOL

TIME PERIOD	WEIGHT BEARING	RANGE OF MOTION	BRACE	EXERCISES
<b>0-1 week</b>	Partial Weight Bearing	Maintain full extension.	Immobilizer except when doing exercises.	Heel slides, quad sets, straight leg raises. Early range of motion exercises.
<b>1-6 weeks</b>	Weight bearing as tolerated with crutches until 4 weeks post op.	<b>Full ROM.</b> Work on obtaining full extension, improved flexion	Immobilizer for 4 weeks when in public. May take off at home. Immobilizer at night if lacking full extension.	Continue previous exercises. Patellar mobilization. Stationary bike. Aquatic therapy OK once wounds healed completely (typically 3 weeks). Gait training.
<b>6-12 weeks</b>	Full weight bearing.	Full ROM	None	Proprioception training. Strengthening. Jogging straight ahead at 2-3 months.
<b>3-6 months</b>	Full weight bearing.	Full ROM	None	Continue strengthening and proprioceptive exercises. May begin agility/sport specific drills. No contact sports.
<b>6-9 months</b>	Full weight bearing.	Full ROM	None	Gradual return to contact and pivoting sports activities, maintenance program for strength and endurance. *Return to Competitive Sport at 8 months as tolerated. *Allograft 9-12 months.

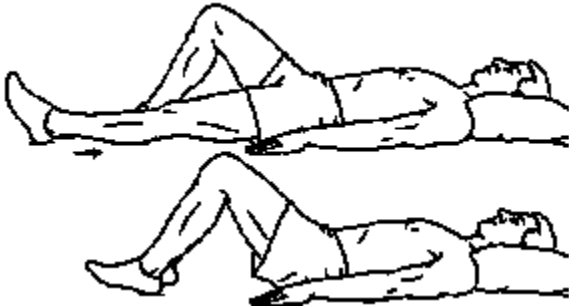
**\* If meniscal repair, limit motion 0-90 degrees for 6 weeks, then work towards full. No squatting for 3 months.**

### \*\*\*Begin Therapy 4-7 days post-op

Dane Todd, MD Questions please call: # 402-488-3322 Fax: 402-488-3336	
Patient Name: _____	
Surgery Date: _____ Side (Circled):    Right    Left	
Surgery Performed: ACL Reconstruction      Meniscectomy      Meniscal Repair OTHER: _____	
Graft type: Hamstring                      Hybrid – Hamstring/Allograft Patellar Tendon              Quadriceps Tendon Allograft                        IT Band Intra/Extra-Articular Graft	
Physical therapy to evaluate and treat for post op ACL reconstruction using the above protocol. 1-2 times per week for 12 weeks.	
Notes: _____	
MD signature: _____	

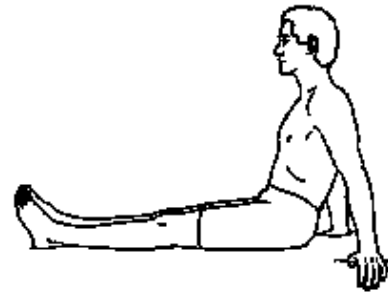
## Home Exercises - Week 1-2 after

### Heel Slides



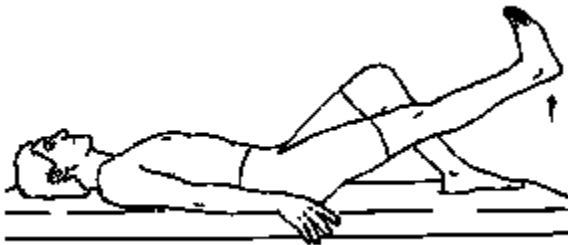
Slide surgical side's heel toward buttocks until a gentle stretch is felt. Hold for 5 seconds. Relax. Repeat 10 times per set. Do 1-2 sets per session, 1 session per day.

### Quad Sets



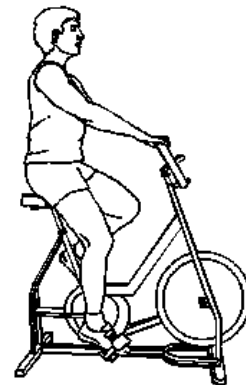
Tighten muscles on top of thighs by pushing knees down into the table/floor. Hold for 5-10 seconds. Repeat 10 times per set, 1-2 sets per session, 1 session per day.

### Straight Leg Raise



Tighten muscles on the front of the surgical side's thigh, then lift leg 5-15" from the floor/table, keeping knee locked. Repeat 10 times per set, 1-2 sets per session, 1 session per day

### Stationary Bike



When comfortable begin activity on a stationary bike. Start easy, seat high, no resistance for 10 minutes. Gradually add in more time, but no resistance until later