

REVISION ACL REHABILITATION PROTOCOL

TIME PERIOD	WEIGHT BEARING	RANGE OF MOTION	BRACE	EXERCISES
0-1 week	Touch toe weight bearing with crutches. Minimize ambulation for the 1 st week.	0-90°	Immobilize in full extension at all times except for exercises.	Quad sets, heel slides, straight leg raises.
1-6 weeks	Partial weight bearing: Crutches for 1-6 week period. – Heel-Toe with crutches, slowly add more weight	Gentle ROM. Less aggressive with revisions on obtaining full flexion early. Maintain full extension.	D/C Immobilizer. May wear at night if lacking full extension.	Continue previous exercises. Patellar mobilization. Stationary bike (begin with high seat). Aquatic therapy OK once wounds healed completely. Gait training.
6 weeks-4 months	Full weight bearing.	Continue working on Full ROM	None	Proprioception training. Strengthening. Jogging straight ahead at 3 months.
4-6 months	Full weight bearing.	Full ROM	None	Continue strengthening and proprioceptive exercises. May begin agility/sport specific drills. No contact sports.
6-9 months	Full weight bearing.	Full ROM	None	Gradual return to contact and pivoting sports activities, maintenance program for strength and endurance. Return to sports at 9-12 months.

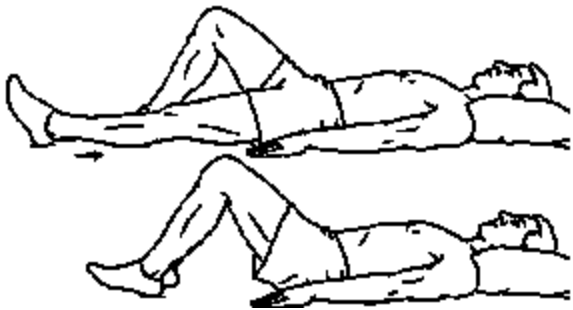
*** If meniscal repair, limit motion 0-90 degrees for 6 weeks, then work towards full. No squatting for 3 months.**

*****Begin physical 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
OTHER: _____	Meniscal Repair
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 revision ACL reconstruction using the above protocol. 1-2x per week for 12 weeks.	
Notes: _____	
MD signature: _____	

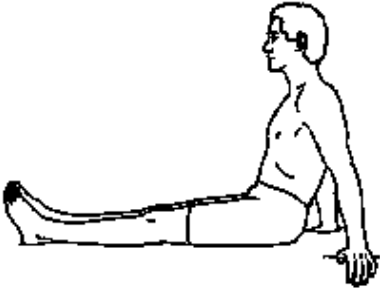
Home Exercise's - Week 1-2 after

Heel Slides



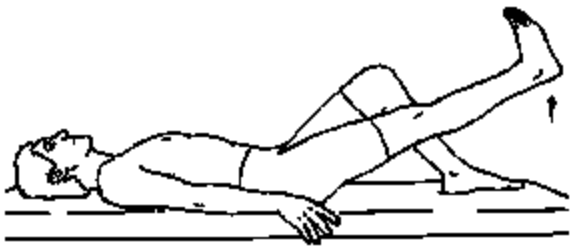
Slide surgical side's heel toward buttocks until a gentle stretch is felt. Hold for 5 seconds. Relax. Repeat 10 times per set. Do 1-2 sets per session, 1 session per day.

Quad Sets



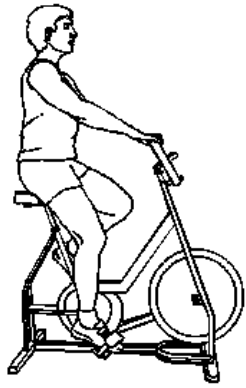
Tighten muscles on top of thighs by pushing knees down into the table/floor. Hold for 5-10 seconds. Repeat 10 times per set, 1-2 sets per session, 1 session per day.

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