

**ACL RECONSTRUCTION WITH ALLOGRAFT
JOSEPH R. MISSON, MD**



PATIENT _____

DATE OF SURGERY _____

IMMEDIATE POST-OP

CPM Machine applied in recovery room:

0 - 60 Degrees Progress to 90 degrees by the end of 3 weeks

Patient to keep CPM on 6 - 8 hours x 3 weeks

GOALS

Early full active extension (no open chain extension)

Good patellar mobility

Patient to start exercise program to include:

Quad sets, working up to 100 per hour

SLR's

Ankle pumps

Patellar Mobs

Patient up to side of bed for all meals with leg hanging off bed to approx 90 degrees of flexion

Gait Training

20 -30 lbs weight bearing with crutches

OUTPATIENT

Frequency/Duration of treatment to be determined by therapist

Patient to complete daily home program in addition to outpatient therapy

WEEK ONE - WEEK TWO (post-op day 2 - 14)

Outpatient Physical Therapy to begin on second post-op day (frequency/duration per therapist)

Dressing change, including removal of hemovac (steristrip drain hole if needed)

20 - 30lb. Weight bearing with crutches x 2 weeks

E-stim for Quad / Hamstring 10 second on 30 second off at 0 degrees extension

Biofeedback - quad set and SLR

Heel slides

Bike for ROM

Patellar Mobs

Suspended extension

Four way tubing and terminal extension in standing

Ankle pumps

TED Hose (operative leg 4 weeks / nonoperative leg 2 weeks)

Ice applied 15min/hour (via cryocuff or ice bag)

GOALS- WEEK ONE - WEEK TWO (post-op day 2 - 14)

Extension to 0 degrees

Independent SLR with 0 degree quad lag

Improved Quad set

Improved Patellar Mobs

Decrease Swelling

Knee flexion 120 degrees

WEEK THREE - WEEK SEVEN (post-op day 15 - 49)

Frequency of Physical Therapy per therapist discretion.
Continue with Home exercise program
Double leg treadmill (forward and backward)
Leg press 0 - 45 degrees
Wall sits, Lateral step ups,
Proprioceptive training (foam, dyna disc, standing BAPS board)
Leg Curl
NO OPEN CHAIN LEG EXTENSION MACHINE
Single leg Proprioceptive training
Functional ACL brace if ordered by surgeon

GOALS - WEEK THREE - WEEK SIX (post-op day 15 - 48)

Normal Gait
Normal Patellar Mobs
No Patellofemoral Pain
Flexion ROM within 5 degrees of uninvolved

WEEK SEVEN - FIFTEEN (post-op day 49 - 105)

Functional brace if ordered by surgeon
Full weight bearing
Progress to full ROM as tolerated
Single leg heel raises
Side stepping on treadmill
Resisted walking
Stool slides for hamstring strengthening

FOUR MONTHS

Plyometrics
Running program

5 MONTHS

Agility drills
Sport specific training

SIX - EIGHT MONTHS

Return to Sport

Physician Signature

ACL CHECKLIST

JOSEPH R. MISSON, MD

PATIENT NAME _____

DATE OF SURGERY _____

2-14 DAYS POST-OP (week 1-2)

	Date
Dressing change including hemovac removal	_____
E-stim for quadriceps and Hamstrings	_____
Heel Slides	_____
Ankle Pumps	_____
Suspended Extension	_____
Biofeedback with quad set and SLR	_____
Bike for ROM	_____
Tubing four ways	_____
Ted Hose	_____

15-48 DAYS POST-OP (week 3-6)

CRITERION		ACTIVITY	Date
Extension equal bilateral	_____	Backward walking on TM	_____
Quad Set good	_____	Leg Press 0 - 45 degrees	_____
Flexion 120 degrees	_____	Calf Raises	_____
		Wall Sits	_____
		Lateral Step Ups	_____
		Double Leg Proprioception ex.	_____
		Leg Curl	_____
Normal Gait	_____	Single Leg Proprioception ex.	_____
Full ROM	_____	Stair Climber	_____

49 - 105 DAYS POST-OP

CRITERION		ACTIVITY	DATE _____
No patellofemoral pain	_____	Single leg heel raise	_____
Full and non painful ROM	_____	Side stepping on Treadmill	_____
Pain free PREs	_____	Resisted Walking	_____
No Swelling	_____	Stool Slides	_____

FOUR MONTHS

CRITERION			
Same as above	_____	Running Program	_____
		Line Jumps	_____

FIVE MONTHS

CRITERION			
Same as above	_____	Agility drills	_____
		Sport specific training	_____

SIX - EIGHT MONTHS

CRITERION			
Same as above	_____	Return to sport	_____