### POST-OP 1-4 WEEKS (days 2-28)

- Frequency/Duration of treatment to be determined by therapist
- Encourage patient to follow HEP

**GOALS**
- Full active extension equal to opposite leg (no open chain extension)
- Good patellar mobility

**WEIGHT BEARING**
- 20 - 30 lbs weight bearing

**ROM LIMITS**
- 0 - 70 degrees
- CPM x 3 weeks 0 - 60 progress to 70 degrees max for 6 - 8 hrs/day

**THER-EX**
- Quad Sets
- Straight Leg Raise (4 plane)
- Four Plane Theraband
- Hamstring and Gastroc Stretching
- Prone Hang for Extension ROM
- Patellar Mobs
- Heel Slide (0 - 90 degrees)
- Ankle Pumps
- Theraband Ankle Exercises

**MODALITIES**
- E-Stim (quad control, pain, swelling)
- Cryotherapy
- Biofeedback

### POST-OP 4-6 WEEKS (days 29 - 42)

**WEIGHT BEARING**
- WBAT
- D/C crutches when patient demonstrates good quad control and no extensor lag

**ROM LIMITS**
- 0 - 120 degrees by day 42

**THER-EX**
- Continue above exercises
- Closed Chain exercises 0-45
- Wall Sit  Stationary bike
- Total Gym  Eliptical walker
- Leg Press
- Heel Raises on Step
- Leg Curl (0-45 degrees with low resistance)

**NO OPEN CHAIN EXTENSION MACHINE**
- Proprioceptive Training
- Foam
- Dyna Disc
- Treadmill Walking forward/backward
- Step ups
- Bike with no resistance

**MODALITIES**
- Continue above modalities as needed
POST-OP 7-15 WEEKS (days 43 - 4 months)

**BRACE**
Functional ACL Brace to be determined by surgeon

**WEIGHT BEARING**
Full Weight Bearing

**ROM**
Progress to full ROM as tolerated (continue to limit ROM with isotonic strengthening)

**THER-EX**
Continue above exercises with ROM increased to 90 degrees
Proprioceptive Training
  - Single leg balance
  - Foam/Dyna Disc with Plyoback
Single Leg Heel Raise
Side Stepping on Treadmill
Resisted walking
Stool Slides

POST-OP 4 MONTHS
Continue above exercises (ROM 0 - 90)
May begin gradual open chain exercises
Initiate jogging/running program
Plyometrics
  - Line jumps

POST-OP 5 MONTHS
Continue above exercises
Full ROM on all exercises
Agility drills
Sport specific training

POST-OP 6 - 8 MONTHS
Return to Sport

Physician Signature ___________________________  Date ___________________________