

ACL RECONSTRUCTION PROTOCOL

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WEEK ONE

Crutches TTWB (meniscal repair 30-40lbs. only for 4 weeks)
Wear immobilizer all times during ambulation, may remove at bedtime.
Ankle Pumps
Electrical Stimulation for Muscle re-education PRN
Biofeedback with quad setting and SLR
Stationary Bike for ROM
Patellar Mobs
Heel slides (AAROM)
Suspended Extension Exercise (heel prop, prone hang)
4 way Hip SLR (Plinth)
4 way Ankle thera band
TKE
Hamstring/Calf Flexibility
GOALS – Begin Rehab program
-Reduce edema
-Extension ROM $\geq 0^\circ$
-Flexion $\geq 100^\circ$ (meniscal repair only to 90°)
-Independent SLR

WEEK TWO – WEEK THREE

Continue Previous Exercises, D/C immobilizer per MD orders
TTWB until week three, then Progress to FWB without AD as tolerated
SL treadmill for gait training during week three
Closed Chain: Step Ups (Forward and lateral)
4-way hip thera band from Open chain to Closed chain
Leg Press (squat $0-70^\circ$) and Toe Press
Proprioceptive Activities (SL stance, Fitter or BAPS board)
Heel Raises (double leg)
GOALS -Extension = non-operative knee
-Flexion $\geq 120^\circ$
- Reduction of edema by $< 2\text{cm}$ difference
-Patient able to Single leg stance

WEEK FOUR - WEEK SIX

Treadmill brisk forward walking, backwards initiated
Single limb Leg Press
Hamstring Curls (6 weeks if HS graft)
Eccentric Step-down (forward and lateral)

Lunges

SL ¼ squat with multidirectional reach (avoid posterior-lateral)

Advanced Proprioceptive Activities (e.g. fitterboard squat, dynamic SL balance)

Quad Stretching

Core Activities

GOALS - ROM equal to contra lateral limb

- equal SL balance

-Normal Gait

-Stairs with reciprocal pattern ascending and descending without deficits

WEEK SEVEN – WEEK ELEVEN

Continue isotonic weights and aerobic conditioning

Stairmaster if no patellofemoral pain

Walking Carioca

Include LE Posterior lateral reach with SL squat/reach

Plyometrics on Shuttle or Total Gym with brace progressing to unilateral

Sidestep on Treadmill

Resistive Walkouts

CORE Exercises (stability ball HS curls/bridges/SLR's with ball at shins)

GOALS - posterior Lateral reach within 85% of opposite leg

-SL Hop for Distance within 85% of contra lateral LE

WEEK TWELVE

Lateral Line Hops/Jumps (DL to SL based on PT's/ATC's discretion)

Return to running Program

Treadmill jogging

Criteria for return to jogging running include:

-Minimal Effusion

-Good Quadriceps tone

-ROM WNL

-Good Proprioception

GOALS -Return to jogging

-Education on jumping mechanics to avoid Hip IR and knee valgus

NOTES

Physician approval required for return to sport

Must wear functional ACL brace during all sports activity for 1 year after surgery