

Rehabilitation Protocol

Dr. Sara Edwards

ACL RECONSTRUCTION PHYSICAL THERAPY PROTOCOL



Pre-Op Phase

- Isokinetic test (chronic)
- Crutch ambulation training
- Post-op exercise instruction
 - Quad Sets
 - Straight leg raises
 - Active flexion/passive extension
 - Patella mobilization
 - Quadriceps/Hamstring isometrics at 90 degrees
- Quadriceps re-education
- Restoration/Improvement of ROM
- Reduction of edema/inflammation

Post-Op Phase

WEEKS 0-2

Primary goals: Eliminate swelling; ROM-full extension; FWB; Regain Quad Control

- WBAT
- Unlock brace for ambulation with return of active straight leg raise
- Brace locked in extension for sleep
- ROM as tolerated: minimum 0-90 degrees
- Patella mobilization
- Sit to stand squats: 0-45 degrees

WEEKS 2-4

Primary goals: Increase ROM; Increase total leg length; Normalize gait

- Discontinue brace (if possible)
- ROM as tolerated (minimum 0-110 degrees)
- Emphasize patellar mobilization
- Stationary bike
- Step ups: anterior- 4 inches @ 2 weeks; 6 inches @ 3 weeks
- Balance board- Bilateral: frontal and sagittal planes
- Half squats
- Unilateral stance
- Leg press- Bilateral 0-90 degrees

WEEKS 4-6

Primary goals: Normal ADLs; Increase functional capacity; Increase strength

- ROM- WNL
- Treadmill walking (if gait normal)
- Stairmaster
- Mini squats- bilateral
- Step Ups- Anterior: 8 inches
- Step Ups- Anteromedial: 8 inches
- Step Downs- Anterior and medial: 4 inches, progress to 8 inches
- Unilateral squats
- Unilateral stance on trampoline
- Leg press-Unilateral

WEEKS 6-10

Primary goals: Increase functional leg strength; Normalize balance and proprioception

- 2 pound ball toss on trampoline- unilateral stance- increase dispersion with improved control
- Balance board- unilateral
- Step downs- posterolateral @ 8 inches
- Lunges- anterior and lateral for distance and speed (not depth)
- Increase strengthening especially in frontal and transverse planes
- Stairmaster
- Sliding board
- Slow jogging (straight ahead)

WEEKS 10-14

Primary goals: Increase agility and speed of training; Normalize strength; Increase muscular endurance

- Sliding board side-side with rotation
- Lunges- anterolateral, anteromedial
- Bilateral hopping- low intensity/high volume

MONTHS 4-6

Primary goals: Gradual return to athletic activity; Discharge onto home program

- Jumping
- Unilateral hopping
- Agility drills; running, cutting