

ACL Reconstruction Rehab

Office visits:

- 2w, 6w, 12w, 6m, 9m, more until released to play

Xrays:

- 2w visit and then only if injury occurs thereafter

Physical therapy:

- Therapy prescription will be provided before your surgery or at the 2-week visit

Home exercise program (HEP):

- These are a guide for you and the physical therapist; physical therapist may add on exercises as necessary for rehabilitation

Weeks 0-2:

Brace/Crutch Use	• Hinged knee brace (HKB) on full time except hygiene ○ Locked in extension (0 deg) when weight bearing and sleeping ○ Unlocked 0-130 during exercises • Progressive weight bearing as tolerated with two crutches until no limp
Range of Motion	• Range of motion as tolerated with brace unlocked when not walking ○ Passive knee extension ○ Active knee flexion
Exercises	• Start Phase I Home Exercise Program – knee ○ Quad sets; patellar mobilization, straight leg raise, calf pumps ○ Towel under knee for extension exercises
Misc	• Dressings: may remove dressings on day 2-3 after surgery, ok to start showering (do not soak, scrub, or submerge the incision for 4w). May replace dressings if desired • Take aspirin to prevent blood clot for 6 weeks after surgery (81mg twice daily) • Edema control, ice, elevation, foot pumps, other modalities per PT

Weeks 2-6:

Brace/Crutch Use	• Brace unlocked 0-130; wear brace when walking or out in public spaces • Full weight bearing allowed; may discontinue crutches when no limp
Range of Motion	• Advance motion; active ROM as tolerated with flexion and extension ○ Avoid reciprocal stairs until quad strength improved
Exercises	• Continue Phase I exercises as needed • Ok to start isometric quad exercises, low resistance exercise bike, closed chain exercises, gait training
Misc	• PT to add on modalities or exercises as recommended

Weeks 6-12:

Brace/Crutch Use	Discontinue brace when able
Range of Motion	Achieve normal motion if not already
Exercises	- Advance closed chain quad exercises and open chain hamstring exercises - PT to add on exercises as indicated including agility exercises, proprioceptive training

Months 3+

Brace/Crutch Use	None
Range of Motion	Full range of motion achieved
Exercises	- May start full strengthening open and closed chain - Ok for plyometrics, straight jogging/running, sport specific agility - Progress to sprinting by week 16. - Continue working on core strength, quad, hamstring, calf, and glut strengthening - Calf: calf raises (standing and/or seated) - Quadriceps: leg press, lunges, squats, knee extensions - Hamstring: lunges, hamstring curls - Glut strengthening: side lunges, side shuffling, lateral raises/abduction exercises

Return to Sport

- Goal ~9 months
- Criteria:
 - Full ROM
 - No knee effusion
 - Hop test or strength testing at least 85-90% of contralateral side
 - Completed sports specific rehab with PT