


# Protocol #27

## ACL Reconstruction Rehabilitation Protocol

	Week				Month					
	1-2	3-4	5-6	7-12	4	5	6	7-8	9-12	>12
<b>Immobilization</b>		30	60	90						
Knee brace: Therapist may open brace to exercise. Patient isn't to remove brace. May remove for showers after sutures are out and or first office visit.					Exercises are done 3 to 5 times a daily 10 reps each. 					
<b>Protection</b>										
Crutch ambulation, WB as tolerated										
(WB<50% body wt if meniscus repair)										
<b>Restore Range of Motion</b>										
FLEXION: activities performed out of brace										
Straight Leg Raises with leg at 0 degrees and Heel Slides										
Home program performed 15-30 min, 3-4 X/day										
Well leg and gravity assisted flexion with Prone hangs										
Exercise bike, low resistance										
EXTENSION:										
Braced in extension except when doing Exercises										
Extension-passive stretch, towel roll										
<b>Strength Recovery</b>					NO STRENGTHING FOR 1 <sup>ST</sup> TWO WEEKS.					
QUADRICEPS: Isometrics( hold 5 sec. rest 3sec) repeat 3 to 4 time daily										
Hip ABD- and- Adduction Step- downs exercise.										
Exercise bike-progressive resistance										
Street bike										
Wall sits- 90°										
Progressive gym ex. Pushing though foot: rowing machine, stair-master, treadmill, cross-country- ski machine, ½ squats, leg-press, butterflies, calf raises										
<b>Hamstrings:</b>										
Being hamstring strengthening with leg curls resistance.										
<b>Lower Limb Conditioning:</b>										
Walking , Swing ,Biking ,Cross country ski machine, Rowing ,										
Jump-roping , ,										
Track-jog										

To return to full sport activities the following conditions should be met:

1. Minimum of 9 months since surgery.
2. Minimum range of motion requirement 5 to 120.
3. No effusion
4. Minimum strength requirement: Quadriceps 80% on normal knee / Hamstring 90% normal
5. Minimum hop distance 80% of normal knee