



Isolated ACL reconstruction

Phase I

0-2 Days

Brace: Brace wear with full motion.

Gait: Weight bearing as tolerated on crutches.

Exercises: AROM, Quad sets, Straight leg raise, hamstring sets and ankle pumps.

2 days - 2 weeks

Brace: Continue with brace wear until patient can walk without crutches with a minimal limp and has good quad control.

Gait: Weight bearing as tolerated. Patient should be full weight bearing by 14 days post op. Progress to weight bearing with one crutch prior to ambulating without crutches. Can progress to walking without crutches when they can demonstrate walking with minimal limp.

Exercises: Continue previous exercise program.

Passive knee extension.

Begin weight shifting over surgical leg in parallel bars.

Begin standing terminal knee extension/quad sets in parallel bars.

Hamstring, calf and IT band stretches as needed.

Patellar mobilization.

Resisted hip flexion, extension, adduction, and abduction.

Begin 3 way hip lunges.

Begin single leg balance in parallel bars (surgical leg).

Initiate closed chain activities.

Stationary bike with no resistance at 10-14 days.

Goal: 110 degrees flexion by two weeks post op and to have full passive extension by three weeks post op.

3-4 weeks

Exercises: Continue previous exercise program.

May begin leg press, hip sled.

BAPS board/KAT when they are FWB without crutches – begin in sitting.

Start step-ups, forward and to the side, beginning with 4-inch step.

Lunges.

Phase II

5-6 weeks

Exercise: Continue previous exercise program.
May start hamstring PRE if no hamstring or pes anserinus.
Begin cross training activities such as stair-stepper, or elliptical trainer.
May begin proprioceptive activities on mini tramp when patient can perform single leg stand longer than 20 seconds.

Phase III

7-9 weeks

Exercise: Continue with previous exercises.
Increase proprioceptive activities – slide board, theraband.
Ascend/descend stairs without pain or compensation.

10 weeks

Exercise: Continue with strengthening.
Begin agility drills.

16-24 weeks

Exercise: Begin run and cut activities at 16 weeks when cleared by physician
Plyometrics
Begin sport specific conditioning as strength and endurance improve

Anticipate return to sports at 6 months post op.