



SIU MEDICINE

ORTHOPEDICS

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POST-OPERATIVE ACL RECONSTRUCTION

Diagnosis/Surgery: _____

PHASE 1: WEEKS 0-4

Goals:

1. Protect graft and graft fixation
2. Minimize pain, swelling
3. Begin active ROM as tolerated

Brace/precautions:

1. Brace locked in extension until nerve block wears off
2. Then brace unlocked open for comfort

ROM:

1. 0-120° as tolerated
2. Work on restoring normal gait

Exercises/Strengthening:

1. Restore quad recruitment
2. Quad, hamstring, gluteal strengthening
(Delay hamstring strengthening for 12wks if HS autograft)
Hamstring curls, quad sets
3. Patella mobilizations
4. Ankle pumps
5. Gastroc/soleus stretching

PHASE 2: WEEKS 4-10

Goals:

1. Restore normal gait
2. Maintain full extension, progress toward full ROM
3. Protect graft and graft fixation
4. Increase hip, quad, hamstring, calf strength
5. Increase proprioception

Brace/precautions:

1. Full WBAT

ROM:

1. Continue progressing in ROM to achieve full knee flexion
2. Work on restoring normal gait
3. Continue hamstring, gastroc stretches

Exercises/Strengthening:

1. ROM/flexibility exercises
2. Closed kinetic chain quad strengthening – wall sits, mini squats, leg press
3. Stairmaster
4. Elliptical for conditioning
5. Stationary bike – progress time and resistance as tolerated
6. Proprioceptive activities – ball toss, balance beam, mini-tramp balance

PHASE 3: WEEKS 10-16

Goals:

1. Full ROM
2. Protect patellofemoral joint
3. Normal running mechanics
4. Strength approximately 70% of uninvolved LE per isokinetic eval if available

Brace/precautions:

1. Full WBAT

ROM:

1. Maintain full ROM

Exercises/Strengthening:

1. Continue and progress flexibility and ROM
2. Initiate open kinetic chain knee extensions, progress to eccentrics

3. Progress towards full weight bearing running at 12-16wks
4. Begin swimming if desired
5. Cardiovascular/endurance training via Stairmaster, elliptical, bike
6. Advance proprioceptive activities

PHASE 4: MONTHS 4-6

Goals:

1. Symmetric performance of basic and sport specific agility drills
2. Single hop and 3 hop tests 85% of uninvolved lower extremity
3. Quad and hamstring strengthen 85% of uninvolved lower extremity per isokinetic strength test

Brace/precautions:

1. None

ROM:

3. Maintain full ROM

Exercises/strengthening:

1. Progress flexibility and strengthening program
2. Initiate plyometric program as appropriate for athletic goals
3. Agility progression – side steps, crossovers, figure 8 running, cutting, agility ladder, acceleration/deceleration, one and two leg jumping
4. Assessment of running on treadmill

PHASE 5: 6-10 MONTHS POST-OP

Goals:

1. Safe return to athletics/work
2. Maintenance program for strength, endurance, proprioception

Exercises/Strengthening:

1. Gradual return to sports participation – likely at month 9
2. Maintenance program for strength and endurance

Additional Instructions:

Elisabeth Robinson, MD

Date