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Post-Op Rehabilitation Guidelines for ACL Reconstruction

- 0-2 Weeks:** WBAT, Brace locked at 0 degrees for ambulation and sleeping
D/C crutches when gait is non-antalgic
ROM: 0-90° with emphasis on full extension
Patella mobilization
SLR supine with brace locked at 0 degrees, Quad Sets
Ankle Pumps
Short crank (90mm) ergometry
- 2-6 Weeks:** Brace: unlocked when quad control is adequate
discontinued brace when quad control is adequate (typically 4 weeks)
ROM: 0-125 degrees (Maintain full extension)
Active knee extension from 40 degrees
Standard (170mm) ergometry (if knee ROM > 115 degrees)
Leg Press (80-0 degree arc)
Mini Squats / Weight Shifts
Proprioception training
Initiate Step Up program
- 6-14 Weeks:** Progressive Squat program
Initiate Step Down program
Leg Press, Lunges
Isotonic Knee Extensions (90-40 degrees, closed chain preferred)
Agility exercises (sport cord)
Versaclimber/Nordic Track
Retrograde treadmill ambulation
- 14-22 weeks:** Begin forward running (treadmill) program when 8" step down satisfactory
Continue Strengthening & Flexibility program
Advance Sports-Specific Agility Drills
Start Plyometric program
- > 22 weeks:** Advance Plyometric program, Return to Sport (MD Directed)