



Physical Therapy Protocol

ACL Reconstruction

Phase I: 0-2 Weeks

Goals:

- Crutch Use: WBAT- progress from crutches when able with normal gait to straight leg raise without leg
- Brace Use/Ambulation: Unlock brace when able to perform straight leg raise without lag
- Minimize Pain and Effusion - Compression wrap, elevation, ice
- Maintain Full Knee Extension and progress knee flexion
- Restore Quad Activation

Exercises:

- Knee PROM with goal of full extension to contralateral knee
- Progressive quad strengthening
- Proprioceptive training

Phase II: 2-6 Weeks

Goals:

- Crutch use: Wean, discontinue crutches when able
- Minimize Effusion and Pain
- Promote Knee Flexion:
 - a) 90° by end of week 2
 - b) >130° by end of week 6

Exercises:

- Stationary Bike for ROM
- Progress strengthening both CKC & OKC
- Progress proprioceptive training

Phase III: 6-12 Weeks

Goals:

- Full ROM
- Enhance Strength during ADLs
- Enhance Proprioception/Balance
- Improve Local Muscular Endurance
- Initiate Cardiovascular training

Exercises:

- Progress to gym based strengthening

Phase IV: Return to Sports >12 Weeks

Goals:

- No pain with ADLs
- Gradual Return to unrestricted sports at 24 weeks if following criteria are met:
 - ✓ Return to sport test

Exercises:

- Initiate running program
- Begin bilateral low level plyometrics and progress as able
- Begin agility drills and sport specific activities as able
- Pass return to sport test (at 24 weeks post op)
- Acceptable scores on subjective measures (ACL-RSI, TSK-11)

Questions?

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