



Physical Therapy Protocol

Patient Checklist

- WBAT post op day 1
- Discontinue crutches when they have a normal gait pattern

- Unlock after pt has quad control

- Ice & elevation 3x a day for 15 minutes with leg elevated
- Low load long duration knee extension stretching during icing until full knee extension
- No isolated hamstring flexion for 12 weeks with hamstring graft

Orthopaedics:
(603) 650-5133

Phase I: 0-2 Weeks

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Phase III: 6-12 Weeks	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Continue strengthening through increased load						●	●	●	●	●	●	●	●	●
Lunges						●	●	●	●	●	●	●	●	●
Resisted knee extension 90-45°						●	●	●	●	●	●	●	●	●
Perturbation training						●	●	●	●	●	●	●	●	●
Hopping progression from bilateral to unilateral										●	●	●	●	●
Jump rope										●	●	●	●	●

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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?

Orthopaedics:
(603) 650-5133

Rehabilitation Medicine:
(603) 650-3600