



ROSENBERG COOLEY METCALF
THE ORTHOPEDIC CLINIC AT PARK CITY

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ACL Reconstruction
Post-Operative Protocol**

Phase I – Maximum Protection (Weeks 0 to 2):

0 to 1 Week:

- Brace – six weeks
- Use crutches weight bearing as tolerated for 7 to 10 days to reduce swelling. The patient may discontinue the crutches when they can ambulate with no limp
 - Range of motion - goal
 - Patella mobility
 - full extension
 - 90° - 100° of knee flexion, progressing to full as tolerated
- Exercises
 - Quadriceps setting, focusing on VMO
 - Multi-plane straight leg raising
 - Gait training

Weeks 1 to 2:

- Range of motion - goal
- Full knee extension/hyperextension
- 100° – 110° of knee flexion, progress as tolerated

Phase II – Progressive Stretching and Early Strengthening (Weeks 2 to 6):

Weeks 2 to 4:

- Range of Motion
- Full knee extension/hyperextension
- Knee flexion to 120°, progress as tolerated
- Exercises
 - Bilateral closed kinetic chain squatting
 - Multi-plane open and closed kinetic chain hip strengthening
 - Step-up progression
 - Stationary biking
 - Pool program when incisions healed; focus on ROM
 - Proprioception drills

Weeks 4 to 6:

- Range of Motion
- Full knee flexion and extension
- Exercises
 - Advance strengthening program progressing to unilateral as tolerated
 - Increase intensity of stationary bike program may add treadmill walking and/or elliptical
 - Advance intensity of pool program; focus on strengthening

Phase III – Advanced Strengthening and Proprioception Phase (Weeks 6 to 12):

Weeks 6 to 12:

Range of Motion

-Full knee flexion and extension with terminal stretch

Exercises

-Gym strengthening progressing from bilateral to unilateral as tolerated

Leg press, squats, partial lunges, hamstring curls, ab/adduction, calf raises

-Multi-directional functional cord work; no rotation or running

Weeks 8 to 12:

➤ Pool running program

Phase IV – Advance Strengthening and Running progression (Weeks 12 to 16):

Weeks 12 to 16:

➤ Implement a full gym strengthening program; including leg extensions at 30° - 0°

➤ Begin straight plane running

➤ Fit functional brace

Phase V – Return to Sport and Functional Drills Phase (Weeks 16 to 24):

Weeks 16 to 20:

➤ Sprinting

➤ Sport specific drills

➤ Plyometric drills - bilateral advancing to unilateral as tolerated

Weeks 20 to 24:

➤ Follow-up examination with the physician

➤ Sports test for return to competition at 6 months