

# ACL Protocol for Dr Jones

## **0-2 weeks**

### **GOALS:**

Achieve and maintain full knee extension  
Decrease knee and leg swelling  
Promote quad strength

### **ACTIVITIES:**

Crutches: WBAT. Continue until SLR without lag, minimal to no pain with ambulation.  
Knee immobilizer when up and around, remove when sedentary to work on strength and ROM.

### **EXERCISES:**

Quad sets  
Heel props  
Sitting heel slides  
Ankle pumps

## **2-4 weeks post-op**

### **GOALS:**

Same as above  
Achieve knee flexion of 90 degrees or more.  
Promote normal gait pattern without crutches

### **ACTIVITIES**

Discontinue use of crutches if SLR without lag, normal gait pattern, no pain  
Stationary bike. Rock back and forth if you cannot do a full rotation. No resistance 10-15 min, 1-2 times a day.

### **EXERCISES:**

Quad Sets  
Heel props  
Heel slides with towel assist  
Straight leg raises all planes (avoid quad lag)  
Standing toe raises  
Step ups 4"-6" step  
Partial wall squats/leg press  
Initiate double to single leg stance balance activities

Prone hamstring curls (monitor pain with hamstring graft)

## **4-6 weeks post-op**

### **GOALS**

Swelling controlled with ice after exercise as needed  
Knee flexion approaching normal limits

### **ACTIVITIES**

Stationary bike for cardiovascular endurance  
Continue gait training as need to achieve normal gait pattern

### **EXERCISES**

All above  
Begin lateral step ups  
Reverse lunge  
Single leg squat  
Lateral band walk  
Progress static balance training  
Initiate dynamic balance training

## **6-12 weeks post-op**

### **GOALS**

Full knee range of motion  
Improve proprioception and balance  
Improve strength

### **ACTIVITIES**

May begin treadmill/elliptical training at 6 weeks. Start with 10 min, increase 5 min/week

### **EXERCISES**

Continue all above exercises progressing volume and intensity of strengthening  
May begin prone or seated hamstring curls with resistance for hamstring grafts  
Progress lateral movement training (fitter, slide board)  
Progress squatting/lunging (directional reaches with medicine ball)

## **12-16 weeks post-op**

### **GOALS**

No pain or swelling  
Quad and hamstring strength 75% of contralateral side

### **ACTIVITIES**

PTG may initiate straight running at 12 weeks, Hamstring graft 14-16 weeks  
May initiate light sorts program: swimming, cycle

### **EXERCISES**

Progress strengthen  
Progress all above drills  
PTG may initiate lateral agility drills

## **16-22 weeks post-op**

Gradual return to full unrestrictive sports  
Begin plyometric drills: low/moderate intensity of hopping on/off step  
(front/lat/diagonal)  
Progress running and agility  
Gradual return to sports specific training