

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