

Post-Operative Rehabilitation
Arthroscopic Knee ACL Reconstruction w/ Autograft
Dr. Joshua Alpert



Post-op Phase	Weight Bearing/ Brace	ROM	Strength training and Plyometrics	Balance and Proprioception	Conditioning and Agility	Precautions Restrictions	Criteria to progress
Phase 1: 0-6 weeks	WBAT with crutches D/C crutches once ambulating safely w/good quad control Brace unlocked	Full ROM	Quad sets, SLR, ankle pumps, Active ROM once demonstrated good quad control Add: Mini Squats partial wall-slide toe raises standing ham curl hip abduction	Weight shifts pre-gait training Single Leg standing Balance master: WB/squat for symmetry	Stationary Bike	Avoid pivoting and varus/valgus stress No resisted open-chain knee extension	demonstrates normal gait w/o brace full passive ext flexion >125° Full SLR, no lag no increased pain at graft site stable pain rating no new swelling
Phase Two 6-12 weeks after surgery	FWB D/C Brace	Full ROM	Progress to gym equipment initiate single leg progression	SL Standing on unstable surface: wobble board, foam; A/P, lateral Star Drill	Elliptical Trainer Swimming	Avoid pivoting and varus/valgus stress No resisted open-chain knee extension No stairmaster/impact exercise avoid patellofemoral overload	Full ROM Single leg step down 6" x 5rep SLWS 60°x 5reps SL squat 60° 5 sec hold x 5rep Jog 100' no limp DL hop in place with good GR for 30 sec DL hop for distance

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Phase Three 12-16 weeks	Sports Brace	Full ROM	Jump Progression <i>Double limb</i> Directional hops on flat, even surfaces AP/ lat Broad Jump Broad Jump to vertical jump wall jumps	SL Standing on unstable surface: wobble board, foam; DL squats on foam/wobble/BOSU Star Drill	Jogging, flat,surface (track,treadmill)	Limit straight ahead jogging/ running with brace Patellofemoral precautions	Girth within 1/2" Single leg step down 6" x 10 reps SLWS 60° x10 reps SL squat 60° x 10 reps run 100 yards with normal stride DL hop tests
Phase 4 16-24 weeks	Sports Brace	Full ROM	Progress Plyos	Progress SL tasks with perturbations	Progress: acceleration & deceleration basic agility drills	Patellofemoral precautions	*SL hop for distance *6-m timed hop *Triple hop for distance *Crossover hop for distance (score of above tests withing 15% of uninvolved limb)
Phase 5 24 weeks onward	Sports Brace	Full ROM	progressive jump training		Full speed agility drills and sports specific training		Per speed/agility and jump progressions