



Dr. Joshua Alpert
 Post-Operative Rehabilitation Protocol:
 Knee-Arthroscopic Knee ACL
 Reconstruction with Allograft

	Weight Bearing/ Brace	Exercise	Precautions	Criteria to Progress
PHASE I 0-4 weeks Full ROM okay	PWB 50% with crutches ----- - - Off crutches when ambulating safely - brace unlocked once nerve block wears off	<u>Plyometrics/Strength:</u> quad sets. SLR. ankle pumps. Active ROM. <u>Balance/Proprioception:</u> none <u>Conditioning/Agility:</u> stationary bike	- avoid pivoting and varus/valgus stress - no resisted open chain knee extension	Full passive extension. ----- Flexion >125°. ----- Full SLR. no lag. ----- No increased pain at graft site. -----
PHASE II 4-6 weeks Full ROM okay	FWB Unlocked brace	<u>Plyometrics/Strength:</u> once pt has good quad control: mini squats. Partial wall-slide. Toe raises. Standing ham curl. Hip abduction. <u>Balance/Proprioception:</u> weight shifts pre-gait training. Single leg standing. If advanced, WB/squat for symmetry <u>Conditioning/Agility:</u> stationary bike	- avoid pivoting and varus/valgus stress - no resisted open chain knee extension	Normal gait without brace. ----- Full SLR. No lag ----- Stable pain rating. ----- No new swelling.
PHASE II 6-12 weeks ct'd next page	FWB, no brace	<u>Plyometrics/Strength:</u> progress to gym equipment. Initiate single	- avoid pivoting and varus/	Full ROM. ----- single leg step

Full ROM okay		<p>leg progression</p> <p><u>Balance/Proprioception:</u> SL. standing on unstable surfaces like wobble board or foam. A/P, lateral. Star drill.</p> <p><u>Conditioning/Agility:</u> elliptical trainer. swimming.</p>	<p>valgus stress</p> <p>- no resisted open chain knee extension</p> <p>- no stairmaster/ impact exercise</p> <p>- avoid patello-femoral overload</p>	<p>down 6" x5 reps.</p> <p>-----</p> <p>SLWS 60° 5 sec hold x 5 rep.</p> <p>-----</p> <p>Jog 100' no limp.</p> <p>-----</p> <p>DL hop in place with good GR for 30 sec.</p> <p>-----</p> <p>DL hop for distance.</p>
<p>PHASE III 12-16 weeks</p> <p>Full ROM okay</p>	Sports brace	<p><u>Plyometrics/Strength:</u> jump progression. Double limb, directional hops on flat, even surface AP/lat. Broad jump. Broad jump to vertical jump. Wall jumps.</p> <p><u>Balance/Proprioception:</u> SL standing on unstable surface like wobble board or foam. DL squats on foam/wobble/BOSU. Star drill.</p> <p><u>Conditioning/Agility:</u> jogging, flat surface (track/treadmill)</p>	<p>- limit straight ahead jogging/ running with brace</p> <p>-patello-femoral precautions</p>	<p>Girth within 1/2"</p> <p>-----</p> <p>single leg step down 6" x 10 reps.</p> <p>-----</p> <p>SLWS 60° x10 reps</p> <p>-----</p> <p>SL squat 60° x 10 reps</p> <p>-----</p> <p>Run 100 yards with normal stride</p> <p>-----</p> <p>DL hop tests.</p>
<p>PHASE IV 16-24 weeks</p> <p>Full ROM okay</p> <p>ct'd next page</p>	Sports brace	<p><u>Plyometrics/Strength:</u> progress plyos</p> <p><u>Balance/Proprioception:</u> progress SL tasks with perturbations</p> <p><u>Conditioning/Agility:</u> progress acceleration and</p>	-patello-femoral precautions	<p>SL hop for distance</p> <p>-----</p> <p>6-m timed hop</p> <p>-----</p> <p>Triple hop for distance</p> <p>-----</p> <p>Crossover hop</p>

		deceleration. Basic agility drills		for distance ----- **score above tests within 15% of uninvolved limb
PHASE V 24 weeks+ Full ROM okay	Sports brace	<u>Plyometrics/Strength</u> : progress jump training <u>Conditioning/Agility</u> : full speed agility drills. Sports specific training.		Per speed/agility and jump progressions

Fox Valley Orthopedics
420 W. Northwest Highway
Barrington, IL 60010
847.382.6766

Fox Valley Orthopedics
1710 Randall Road
Elgin, IL 60123
224.293.1170