



JOSHUA ALPERT, MD

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

****Note:** *If there was a meniscus repair concomitant with the ACL reconstruction, please follow the meniscus repair protocol for the first 4 weeks. ***

	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 Full ROM okay	FWB, no brace	<u>Plyometrics/Strength:</u> progress to gym equipment. Initiate single leg progression <u>Balance/Proprioception:</u> SL. standing on unstable surfaces like wobble board or foam. A/P, lateral. Star drill. <u>Conditioning/Agility:</u> elliptical trainer. swimming.	- avoid pivoting and varus/valgus stress - no resisted open chain knee extension - no stairmaster/imp act exercise - avoid patellofemoral	Full ROM. ----- single leg step down 6" x5 reps. ----- SLWS 60° 5 sec hold x 5 rep. ----- Jog 100' no limp. -----

			overload	DL hop in place with good GR for 30 sec. ----- DL hop for distance.
PHASE III 12-16 weeks Full ROM okay	Sports brace	<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. <u>Balance/Proprioception:</u> SL standing on unstable surface like wobble board or foam. DL squats on foam/wobble/BOSU. Star drill. <u>Conditioning/Agility:</u> jogging, flat surface (track/treadmill)	- limit straight ahead jogging/running with brace -patellofemoral precautions	Girth within ½" ----- 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 IV 16-24 weeks Full ROM okay	Sports brace	<u>Plyometrics/Strength:</u> progress plyos <u>Balance/Proprioception:</u> progress SL tasks with perturbations <u>Conditioning/Agility:</u> progress acceleration and deceleration. Basic agility drills	-patellofemoral precautions	SL hop for distance ----- 6-m timed hop ----- Triple hop for distance ----- Crossover hop 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