



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

****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 0-6 weeks Full ROM okay	WBAT 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. - When pt has good quad control: mini quats, 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 passive extension. ----- Flexion >125°. ----- Full SLR. no lag. ----- No increased pain at graft site. ----- 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/im pact exercise - avoid patellofemoral overload	Full ROM. ----- single leg step down 6" x5 reps. ----- SLWS 60° 5 sec hold x 5 rep. ----- Jog 100' no limp. ----- 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.	- limit straight ahead jogging/ running with brace -	Girth within ½" ----- single leg step down 6" x 10 reps. -----

		<p><u>Balance/Proprioception</u>: SL standing on unstable surfaces 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>	patellofemoral precautions	<p>SLWS 60° x10 reps ----- SL squat 60° x 10 reps ----- Run 100 yards with normal stride ----- DL hop tests.</p>
<p>PHASE IV 16-24 weeks</p> <p>Full ROM okay</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 deceleration. Basic agility drills</p>	- patellofemoral precautions	<p>SL hop for distance ----- 6-m timed hop ----- Triple hop for distance ----- Crossover hop for distance ----- **score above tests within 15% of uninjured limb</p>
<p>PHASE V 24 weeks+</p> <p>Full ROM okay</p>	Sports brace	<p><u>Plyometrics/Strength</u>: progress jump training</p> <p><u>Conditioning/Agility</u>: full speed agility drills. Sports specific training.</p>		Per speed/agility and jump progressions

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