



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.\*\**

	<b>Weight Bearing/ Brace</b>	<b>Exercise</b>	<b>Precautions</b>	<b>Criteria to Progress</b>
<b>PHASE I</b> 0-6 weeks  Full ROM okay	WBAT with crutches ----- - Off crutches when ambulating safely - Brace will be locked in extension until first appt. PT may unlock brace to bend knee.	<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.
<b>PHASE II</b> 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	- avoid pivoting and varus/valgus stress - no resisted open chain knee extension	Full ROM. ----- single leg step down 6" x5 reps. ----- SLWS 60° 5 sec hold x 5

		<p>board or foam. A/P, lateral. Star drill.</p> <p><u>Conditioning/Agility:</u> elliptical trainer. swimming.</p>	<p>-no stairmaster/ impact exercise - avoid patellofemoral overload</p>	<p>rep. ----- Jog 100' no limp. ----- DL hop in place with good GR for 30 sec. ----- DL hop for distance.</p>
<p><b>PHASE III</b> 12-16 weeks</p> <p>Full ROM okay</p>	<p>Sports brace</p>	<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 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>	<p>- limit straight ahead jogging/running with brace</p> <p>- patellofemoral precautions</p>	<p>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.</p>
<p><b>PHASE IV</b> 16-24 weeks</p> <p>Full ROM okay</p>	<p>Sports brace</p>	<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> <p>Progress to work conditioning</p>	<p>- patellofemoral precautions</p>	<p>SL hop for distance ----- 6-m timed hop ----- Triple hop for distance ----- Crossover hop for distance -----</p>

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

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