



## ACL RECONSTRUCTION REHAB PROTOCOL

	WEIGHT BEARING	BRACE	ROM	THERAPEUTIC EXERCISE
<b>PHASE 1</b> Week 1	Two crutches as tolerated	Locked in extension at all times	Brace off for ROM passive knee ext to 0 flexion as tolerated	QS ankle pumps heel raises & slides SLR w/ brace locked in extension (use brace w/ SLR until able to perform w/o extension lag) patellar mobilizations (teach for home as well)
<b>PHASE 2</b> Week 2-3	Gradually progress off crutches (when able to demonstrate good quad control)	Unlock at week 3 for ambulation (if good quad control)	Achieve full extension and progress flexion	Continue ex from week 1 minisquats (0-40) hamstring strengthening (patellar tendon graft only) weight shifts stationary bike hip PREs leg press/total gym (0-60) can start pool walking program
<b>PHASE 3</b> Week 4-7	FWB no crutches	DC Brace	Gain full and painfree ROM	Closed chain exercises steps (up & down) hamstring strengthening (hamstring graft) mini lunges balance proprioceptive exercises (double & single leg) stairmaster
<b>PHASE 4</b> Week 7-12	Normalized Gait pattern	None	ROM WNL	Closed chain ex w/emphasis on eccentric quad balance work stairmaster bike elliptical. Can initiate jogging straight forward on controlled surface
<b>PHASE 5</b> Week 12-19	Normalized gait w/ walking & jogging straight forward	Will be fit for functional brace	Gradual return to strenuous work activities and recreational sport activities  <b>&gt;20 weeks patient can return to sports/ sport specific drills (with functional brace)</b>	Add polymetrics & shuffling (no cutting) continue jogging balance work closed chain exercises