ACL RECONSTRUCTION
JOSEPH R. MISSON, MD

PATIENT _____ **DATE OF SURGERY** _____

IMMEDIATE POST-OP
- CPM Machine applied in recovery room:
  - 0 - 60 Degrees Progress to 90 degrees by the end of 3 weeks
  - Patient to keep CPM on 6 - 8 hours x 3 weeks
- GOALS
  - Early full active extension (no open chain extension)
  - Good patellar mobility
- Patient to start exercise program to include:
  - Quad sets, working up to 100 per hour
  - SLR's
  - Ankle pumps
  - Patellar Mobs
  - Patient up to side of bed for all meals with leg hanging off bed to approx 90 degrees of flexion
- Gait Training
  - 20 -30 lbs weight bearing with crutches

OUTPATIENT
- Frequency/Duration of treatment to be determined by therapist
- Patient to complete daily home program in additon to outpatient therapy
- <u>WEEK ONE - WEEK TWO (post-op day 2 - 14)</u>
- Outpatient Physical Therapy to begin on second post-op day (frequency/duration per therapist)
  - Dressing change, including removal of hemovac (steristrip drain hole if needed)
  - 20 - 30lb. Weight bearing with crutches x 2 weeks
  - E-stim for Quad / Hamstring 10 second on 30 second off at 0 degrees extension
  - Biofeedback - quad set and SLR
  - Heel slides
  - Bike for ROM
  - Patellar Mobs
  - Suspended extension
  - Four way tubing and terminal extension in standing
  - Ankle pumps
  - TED Hose (operative leg 4 weeks / nonoperative leg 2 weeks)
  - Ice applied 15min/hour (via cryocuff or ice bag)
- **GOALS**- <u>WEEK ONE - WEEK TWO (post-op day 2 - 14)</u>
  - Extension to 0 degrees
  - Independent SLR with 0 degree quad lag
  - Improved Quad set
  - Improved Patellar Mobs
  - Decrease Swelling
  - Knee flexion 120 degrees

<u>WEEK THREE - WEEK SEVEN (post-op day 15 - 49)</u>
Frequency of Physical Therapy per therapist discretion.
Continue with Home exercise program
Double leg treadmil (forward and backward)
Leg press 0 - 45 degrees
Wall sits, Lateral step ups,
Prorpioceptive training (foam, dyna disc, standing BAPS board)
Leg Curl
NO OPEN CHAIN LEG EXTENSION MACHINE
Single leg Proprioceptive training
Functional ACL brace if ordered by surgeon

GOALS - WEEK THREE - WEEK SIX (post-op day 15 - 48)
Normal Gait
Normal Patellar Mobs
No Patellofemoral Pain
Flexion ROM within 5 degrees of uninvolved

<u>WEEK SEVEN - FIFTEEN (post-op day 49 - 105)</u>
Functional brace if ordered by surgeon
Full weight bearing
Progress to full ROM as tolerated
Single leg heel raises
Side stepping on treadmill
Resisted walking
Stool slides for hamstring strengthening

<u>FOUR MONTHS</u>
Plyometerics
Running program

<u>5 MONTHS</u>
Agility drills
Sport specific training

<u>SIX - EIGHT MONTHS</u>
Return to Sport

_____
Physician Signature

ACL CHECKLIST

JOSEPH R. MISSON, MD

PATIENT NAME _____

DATE OF SURGERY_____

2-14 DAYS POST-OP (week 1-2)   **Date**

    Dressing change including hemovac removal   _____
    E-stim for quadraceps and Hamstrings   _____
    Heel Slides   _____
    Ankle Pumps   _____
    Suspended Extension   _____
    Biofeedback with quad set and SLR   _____
    Bike for ROM   _____
    Tubing four ways   _____
    Ted Hose   _____

15-48 DAYS POST-OP (week 3-6)   **Date**

CRITERION		ACTIVITY	
Extension equal bilateral	_____	Backward walking on TM	_____
Quad Set good	_____	Leg Press 0 - 45 degrees	_____
Flexion 120 degrees	_____	Calf Raises	_____
		Wall Sits	_____
		Lateral Step Ups	_____
		Double Leg Proprioception ex.	_____
		Leg Curl	_____
Normal Gait	_____	Single Leg Proprioception ex.	_____
Full ROM	_____	Stair Climber	_____

49 - 105 DAYS POST-OP   **DATE**_____

CRITERION		ACTIVITY	
No patellofemoral pain	_____	Single leg heel raise	
Full and non painful ROM	_____	Side stepping on Treadmill	_____
Pain free PREs	_____	Resisted Walking	_____
No Swelling	_____	Stool Slides	_____

FOUR MONTHS
    CRITERION

Same as above	_____	Running Program	_____
		Line Jumps	_____

FIVE MONTHS
    CRITERION

Same as above	_____	Agility drills	_____
		Sport specific training	_____

SIX - EIGHT MONTHS
    CRITERION

Same as above	_____	Return to sport	_____