

ACL RECONSTRUCTION
Jeff Otte, MD

PATIENT _____

DATE OF SURGERY _____

IMMEDIATE POST-OP

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

- Weighbearing as tolerated

OUTPATIENT

Frequency/Duration of treatment to be determined by therapist

Patient to complete daily home program in addition to outpatient therapy

WEEK ONE - WEEK TWO (post-op day 2 - 14)

Outpatient Physical Therapy to begin within one week of surgery (frequency and duration per therapist)

- Weighbearing as tolerated

- 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- WEEK ONE - WEEK TWO (post-op day 2 - 14)

- Extension to 0 degrees

- Independent SLR with 0 degree quad lag

- Improved Quad set

- Improved Patellar Mobs

- Decrease Swelling

- Knee flexion 120 degrees

WEEK THREE - WEEK SEVEN (post-op day 15 - 49)

Frequency of Physical Therapy per therapist discretion.

Continue with Home exercise program

Double leg treadmill (forward and backward)
Leg press 0 - 45 degrees
Wall sits, Lateral step ups,
Proprioceptive 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

WEEK SEVEN - FIFTEEN (post-op day 49 - 105)

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

FOUR MONTHS

Plyometrics
Running program

5 MONTHS

Agility drills
Sport specific training

SIX - EIGHT MONTHS

Return to Sport

Physician Signature