

ACL RECONSTRUCTION PROTOCOL
Dr. Nieman

SURGERY DATE _____

INPATIENT

CPM Machine applied in recovery room:

0 - 50 Degrees

Patient to keep CPM on two hours at a time on a b.i.d. basis

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

WBAT with bilateral axillary crutches and immobilizer

OUTPATIENT

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

Outpatient Physical Therapy to begin on second post-op day (2-3 days/week)

Dressing change, including removal of pain pump

Knee immobilizer at all times other than when exercising, WBAT with bilateral axillary crutches

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

Treadmill - Single leg for gait training

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

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

Extension to 0 degrees

Knee flexion 120 degrees

Independent SLR with 0 degree quad lag

Improved Quad set

Improved Patellar Mobs

Decrease Swelling

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

Frequency of Physical Therapy 2-3x/week, continue with HEP
Functional ACL brace
Double leg treadmill (forward and backward)
Leg press
Wall sits, Lateral step ups, Lunges
Proprioceptive training (foam, dyna disc, standing BAPS board)
Leg Curl
Lunges
Single leg Proprioceptive training

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

Normal Gait
Flexion ROM within 5 degrees of uninjured
Normal Patellar Mobs
No Patellofemoral Pain

WEEK EIGHT (post-op day 50)

Frequency of therapy 1-2x/week, continue with HEP
Lateral Stepping drill
Begin treadmill running
Plyometrics (line drills, cone jumps, four square drill)
Continue cybex strengthening exercises, add leg extension 90 - 45
Resisted Running

SIX MONTHS

Return to Sport

Mark McDonald, MD

James Nieman, MD

Physician Signature

Physician Signature

ACL HANDOUT

PATIENT NAME _____

DATE OF SURGERY _____

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

DATE _____

- | | |
|---|-------|
| Dressing change including pain pump removal | _____ |
| E-stim for quadriceps and Hamstrings | _____ |
| Heel Slides | _____ |
| Ankle Pumps | _____ |
| Suspended Extension | _____ |
| Biofeedback with quad set and SLR | _____ |
| Bike for ROM | _____ |
| Treadmill Singel Leg | _____ |
| Tubing four ways | _____ |
| Ted Hose | _____ |

15-49 DAYS POST-OP (week 3-7)

DATE _____

CRITERION

ACTIVITY

- | | |
|---------------------------|-------|
| Extension equal bilateral | _____ |
| Quad Set good | _____ |
| Flexion 120 degrees | _____ |
|
 | |
| Normal Gait | _____ |
| Full ROM | _____ |

- | | |
|-------------------------------|-------|
| Backward walking on TM | _____ |
| Functional ACL Brace | _____ |
| Leg Press | _____ |
| Calf Raises | _____ |
| Wall Sits | _____ |
| Lateral Step Ups | _____ |
| Double Leg Proprioception ex. | _____ |
| Leg Curl | _____ |
| Single Leg Proprioception ex. | _____ |
| Stair Climber | _____ |
| Lunges | _____ |

DAY 50 (week 8- 4 Months)

DATE _____

CRITERION

ACTIVITY

- | | |
|--------------------------|-------|
| No patellofemoral pain | _____ |
| Full and non painful ROM | _____ |
| Pain free PREs | _____ |
| No Swelling | _____ |
|
 | |
| Jog 2 mile without Pain | _____ |

- | | |
|---|-------|
| Side Stepping on TM | _____ |
| Running Program on TM | _____ |
|
 | |
| Plyometrics
(cone jumps, line jumps,
four square) | _____ |
| Leg Ext 90 - 45 | _____ |
| Resisted Running | _____ |

4 MONTHS

DATE _____

- Intensify running program to include clockwise and counter clockwise running
- Large figure 8's gradually decrease to 5 yard fisgure 8's
- Begin sport specific activity with brace on

