



## 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 uninjured

**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

**6 MONTHS**

Agility drills  
Sport specific training

**NINE - TWELVE MONTHS**

Return to Sport

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Physician Signature