

ACL Reconstruction Protocol

Dr. Green

***(ALL repairs, meniscus repairs, and chondral drilling)**

Time Frame	Treatment	Goals
Post-Op Day	<ul style="list-style-type: none"> -Dressing change/removal -Instruct in signs/symptoms of infection -Check for DVT -Cryotherapy -E-stim for quad re-education and swelling -Knee immobilizer for 2 weeks or until MD appt (wear at night) <p>HEP: quad set, 4-way SLRs, patellar mobs, heel slides, and ext stretch</p>	<ul style="list-style-type: none"> -Independent in HEP -Fair quad set -Independent with SLR -Understand importance of knee immobilizer -Home e-stim unit if needed
Phase I (0-4 weeks)	<p>Frequency: 2-3x/week</p> <p>Progress:</p> <ul style="list-style-type: none"> -WBAT -Unilateral stance - Ambulation to normalize gait 	<ul style="list-style-type: none"> -Full extension -ROM past 100 -Good quad set -Normal gait -Normal gait up/down stairs <p>Functional ACL brace ordered when swelling is decreased unless otherwise stated</p>
Phase II (4-11 weeks)	<p>Frequency: 1-2x/week</p> <p>Progress:</p> <ul style="list-style-type: none"> -Full ROM -Strengthening as tolerated <p>4-6 weeks: May begin double leg plyometrics (not forward)</p> <p>8-10 weeks: May begin jogging for autografts</p> <p>10 weeks: Single leg plyometrics</p> <p>Activities: (begin at 8 weeks)</p> <ul style="list-style-type: none"> -Outside biking program can begin 	<p>If 4-week goals have all been met DC for formal PT can occur.</p> <p>Brace does not need to be work for ambulation on level surfaces. It should still be worn on uneven surfaces and.</p>

	<ul style="list-style-type: none"> -Inline/Ice skating without cutting/turning -Swimming with flutter kick only (no diving or flip turns) -Two legged jump rope may be initiated 	
Phase III (3-6 months)	<p>Frequency: PRN</p> <p>12-16 weeks: Jogging for allograft</p> <p>Activities:</p> <ul style="list-style-type: none"> -Progress functional/sports specific training such as: large figure-8 running, side to side activity, and forward/back activity without any hard planting/cutting 	<p>Brace on for all more aggressive activities for the 1st year.</p> <p>Return to full activity/sports per the physician's discretion.</p> <p>Biodex testing at 4-6 months.</p>

***ALL (Anterolateral Ligament) repairs 3 weeks NWB**

***Meniscus repairs 4-6 weeks NWB per operative report, ROM 0-90 for 4 weeks**

***Chondral drilling per operative report**