

ACL RECONSTRUCTION PROTOCOL

PHASE I (0-2 WEEKS):

GOALS:

- Control inflammation
- Minimize effects of immobilization
- Protect graft fixation
- Achieve full extension
- Achieve 90° flexion
- WBAT

EXERCISES:

- Heel slides/wall slides
- Quad sets
- Hamstring sets
- Patellar mobilization
- Non-weight bearing gastrocnemius and hamstring stretches
- Sitting assisted flexion hangs
- Prone leg hangs (for extension)
- SLR all planes

FUNCTIONAL TRAINING:

- UBE/ well leg cycling for aerobic conditioning
- Active/passive jt positioning
- Balance exercises
- Stable platform: eyes open & eyes closed
- Seated ball throwing and catching

PHASE II (2-4 WEEKS):

GOALS:

- Restore normal gait
- Restore full ROM
- Improve strength, endurance, & proprioception to prepare for functional activities

EXERCISES:

- Mini squats: 0°-30°
- Stationary bike (start with high seat and low tension)
- Closed-chain extension: leg press 0°-30°
- Toe raises
- Continue stretches & progress to WB gastrocnemius stretches
- Add weight to prone hangs

FUNCTIONAL TRAINING:

- Stair training
- Unstable platform: eyes open & eyes closed
- Mini-tramp standing
- Standing ball throwing and catching

PHASE III (6 WEEKS-4 MONTHS):

GOALS:

- Protect joint

EXERCISES:

- Advance CKC strengthening:
 - One-leg squats
 - Leg press 0°-60°
- Stair stepper/elliptical stepper
- Cross-country skiing machine

FUNCTIONAL TRAINING:

- Stair jogging
- Box jumps (6"-12")
- Straight ahead jogging: progress to running
- Figure 8 patterns
- Large circles: walking or slow jogging
- Lateral slide board
- Ball throwing/catching on uneven surface

PHASE IV (MONTH 4):**GOALS:**

- Return to unrestricted activities

EXERCISES:

- Continue and progress flexibility & strengthening

FUNCTIONAL TRAINING:

- Agility:
 - Shuttle run
 - Lateral slides
 - Carioca cross-overs
 - Cutting drills
- Reaction drills
- Sport specific drills
- Advance box jump heights

PHASE V (RETURN TO SPORTS):**GOALS:**

- Safe return to athletics
- Maintenance of strength & endurance
- Patient education concerning any possible limitations

EXERCISES:

- Gradual return to sports participation
- Maintenance program for strength & endurance
- Agility and sport specific drills progressed

References:

Brotzman SB, Wilk KE. *Clinical Orthopaedic Rehabilitation*. 2nd ed. Philadelphia, PA: The Curtis Center; 2003.