



Brian Waterman, MD

SPORTS MEDICINE & ORTHOPEDICS

Post-Operative Rehabilitation Guidelines for ACL Reconstruction

Name: _____ Date: _____

Diagnosis: _____

Date of Surgery _____

Frequency: 1 2 3 4 times/week

Duration: 1 2 3 4 5 6 Weeks

Weeks 0-2:

- WBAT, Brace locked at 0 degrees for ambulation and sleeping
- D/C crutches when gait is non-antalgic
- ROM: 0-90° with emphasis on full extension
- Patella mobilization
- SLR supine with brace locked at 0 degrees, Quad Sets
- Ankle Pumps
- Short crank (90mm) ergometry

Weeks 2-6:

- Brace: unlocked when quad control is adequate
- Discontinued brace when quad control is adequate (typically 4 weeks)
- ROM: 0-125 degrees (Maintain full extension)
- Active knee extension from 40 degrees
- Standard (170mm) ergometry (if knee ROM > 115 degrees)
- Leg Press (80-0 degree arc)
- Mini Squats / Weight Shifts
- Proprioception training
- Initiate Step Up program

Weeks 6-14:

- Progressive Squat program
- Initiate Step Down program
- Leg Press, Lunges
- Isotonic Knee Extensions (90-40 degrees, closed chain preferred)
- Agility exercises (sport cord)
- Versa-climber/Nordic Track
- Retrograde treadmill ambulation

Weeks 14-22:

- Begin forward running (treadmill) program when 8" step down satisfactory
- Continue Strengthening & Flexibility program
- Advance Sports-Specific Agility Drills
- Start Plyometric program

> 22 weeks:

- Advance Plyometric program, Return to Sport (MD Directed)



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Comments:

Functional Capacity Evaluation Work Hardening/Work Conditioning Teach HEP

Modalities:

Electric Stimulation Ultrasound Iontophoresis Phonophoresis
 TENS Heat before/after Ice before/after Trigger points massage
 Therapist's discretion
 Other _____

Signature: _____ **Date:** _____