

# Anterior Cruciate Ligament Reconstruction Protocol

## 0-7 days

If surgeon deems appropriate pt will see therapist one time to instruct or review range of motion exercises, VMO activation exercises, and gait training.

## 8-14 days

- Review home exercise program.
- If hamstring graft was used do not include active hamstring exercise. OK for patella tendon graft ACLs.
- Gait training.
- Discontinue brace use indoor and progress to 1 crutch as appropriate.
- Patella mobilization
- Passive range of motion
- ROM goals are full extension and 90 degrees of knee flexion.

## 2 weeks

- Initiate closed chain strengthening
- ok for hamstring graft ACLs to perform open chain hamstring exercise without resistance.
- include bicycle for ROM or exercise if ROM allows.
- Patient should have full extension and 90-105 degrees of flexion @ 2+ weeks.

## 3 weeks

- continue open and closed chain strengthening.
- No open chain knee extension with patella tendon graft ACLs.
- Initiate core training at therapist's discretion.
- Progress ROM and strength as above

## 4 weeks

- Initiate resistive hamstring exercise for hamstring graft ACLs.
- Patella tendon graft ACLs should already be doing this.
- Initiate balance and proprioception exercise as tolerated.
- No jogging or plyometrics at this point.
- ROM goal is 0-120.

### **6 to 12 weeks**

- Progress ROM, strength, proprioception, core training, cardio utilizing non jarring equipment, all as tolerated.
- Still no jogging or plyometrics to allow graft healing.
- Perturbation, balance, proprioception exercise is appropriate.
- PT may want to decrease supervised visits with patient and begin to initiate independent workouts.

### **12 to 14 weeks**

- Initiate jogging if appropriate and surgeon agrees.
- No sprinting
- Foot work such as defensive slides and cariocas are appropriate but still no medium and high level plyometrics, or cutting.
- Patients should be attending PT once a week and exercising twice a week on their own.

### **14 to 16 weeks**

- Initiate intermediate level plyometrics
- At this point the patient should be seen in PT once a month for monitoring and progression of program. If appropriate and surgeon wishes, patient may be able to be discharged with an independent exercise program.

### **20 weeks**

- If surgeon agrees, patient has met strength goals, and its appropriate for his/her normal level of activity, initiate high level plyos and sprinting

**At 24 weeks post-op patient may be able to return to contact sports if he/she has met all goals of physician and therapist.**

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