



PHYSICAL THERAPY SECTION  
WILLIAM BEAUMONT ARMY MEDICAL CENTER  
5005 N. PIEDRAS ST  
EL PASO, TEXAS 79920



**ACL RECONSTRUCTION – REVISION / ALLOGRAFT  
OR POSTERIOR TIBIALIS ALLOGRAFT**

*Revised August 2008 (added allo/post tib 2011)*

**Post-op Days 1 – 14**

Dressing – POD 1: Debulk dressing, TED Hose in place  
– POD 2: Change dressing, keep wound covered, continue TED Hose  
– POD 7-10: Sutures out, D/C TED Hose when effusion resolved  
Brace x 6 weeks – Locked in extension for ambulation  
– Open to available range when pt has good quad control (no extensor lag).  
Crutches – Partial weight bearing (PWB) in brace  
Patellar mobilization (teach patient)  
Calf pumping  
AAROM 0-90 degrees (passive extension, active flexion, heel slides)  
Passive extension with heel on bolster or prone hangs  
Electrical stimulation in full extension with quad sets and SLR  
Quad sets, Co-contractions quads / Hamstring  
Straight leg raise (SLR) x 4 on mat (in brace if poor quad control)  
Total Gym (level 3-5) – Mini squats 0-45 degrees  
– Passive flexion to 90 degrees max (push up with opposite leg)  
Leg press 0-45 degrees with light resistance (up to ¼ body weight)  
Hamstring curls – Standing  
Stationary bike for range of motion – Complete cycle as able  
Ice Pack with knee in full extension after exercise

**Goals**

Full passive extension  
Flexion to 90 degrees  
Good quad control

**Weeks 2 – 4**

Brace x 6 weeks – Open to available range  
Crutches – PWB in brace  
Continue appropriate previous exercises and following ex without brace  
Scar massage when incision healed  
AAROM, AROM through full range as tolerated  
SLR x 4 on mat – Add light ankle weights if quad control is maintained  
Total Gym – Progress levels and ROM of mini-squats as tolerated  
Leg press 0-60 degrees with light resistance (up to ¼ body weight)  
Hamstring curls – Carpet drags or rolling stool (closed chain)  
Double leg heel raises  
Stationary bike – Progressive resistance and time  
Stretches – Hamstring, Hip Flexors, ITB

**Goals**

ROM 0-110 degrees

No effusion

No extensor lag

**Weeks 4 – 6**

Brace x 6 weeks – Open to available range

Crutches – PWB in brace

Continue appropriate previous exercises

PROM, AAROM, AROM to regain full motion

Weight shifts

Mini squats 0-60 degrees – In parallel bars

Leg press 0-60 degrees with light resistance (up to ½ body weight)

Hamstring curls on weight machine with light resistance

**Goal** – Full ROM

**Weeks 6 – 9**

D/C Brace

Crutches – weight bearing as tolerated (WBAT), D/C when gait is WNL

Continue appropriate previous exercises

Standing SLR x 4 with light Theraband bilaterally

Wall squats 0-45 degrees, progress to single leg

Leg press 0-60 degrees with resistance as tolerated

Hamstring curls with resistance as tolerated

Forward, lateral and retro step downs in parallel bars

– No knee flexion past 45 degrees (small step)

Single leg heel raises

Proprioceptive training – Single leg standing in parallel bars

– Double leg BAPS for weight shift

Treadmill – Forwards and backwards walking

Stationary bike – 15-20 minutes at a time, at least 70 rpm

**Goal** – Normal gait

**Weeks 9 – 12**

Continue appropriate previous exercises with progressive resistance

Wall squats 0-90 degrees

Leg press 0-90 with resistance as tolerated

Forward, lateral and retro step downs (medium to large step)

Hip weight machine x 4 bilaterally

Proprioceptive training – Single leg BAPS, ball toss and body blade

– Grid exercises

Treadmill – Walking progression program

Elliptical trainer

Pool therapy – Walking / running (no kicking)

**Goal** – Walk 2 miles at 15 min/mile pace

**Months 3 – 4**

Continue appropriate previous exercises

Fitter

Slide board

Stairmaster – Small steps

Pool therapy – No swimming laps

**Goal** – Walk 3 miles at 15 min/mile pace

**Months 4 – 6**

Continue appropriate previous exercises  
Knee extension weight machine  
Short arc quads  
Functional activities – Figure 8s, gentle loops, large zigzags  
Pool therapy – Swimming laps  
Quad stretches

**Goal** – Equal thigh girth

**Months 6 – 9**

Isokinetic testing at 180 and 300 degrees/sec – Must have 80%  
of opposite leg to clear for straight line running  
Continue appropriate previous exercises  
Home/gym program  
Agility drills / Plyometrics  
Sit-up progression  
Treadmill – Running progression program if cleared  
Transition to home / gym program

**Goals**

Return to all activities  
Pass APFT at 9 months post-op

***No contact sports until 12 months post-op***

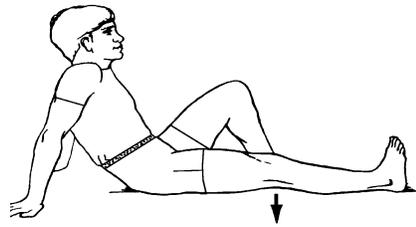
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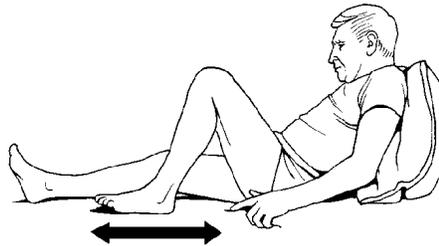
**Physical Therapy Clinic**  
**William Beaumont Army Medical Center**  
El Paso, TX 79920

**Knee Post Op Phase 1**  
Perform exercises below frequently: 30 reps 3-5x a day

**Quad Isometrics**



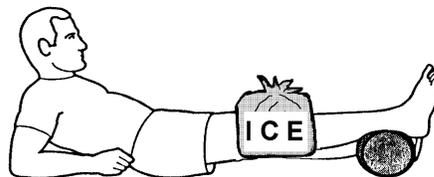
**Heel Slides**



**Active Assisted Motion**



**Ice Position 15 minutes 2-3 x per day**



Appointments?? Questions??

WBAMC PT: DSN:979-2181/1848 COMM: (915)569-2181/1848