ACL RECONSTRUCTION – BONE-TENDON-BONE
AUTO / ALLOGRAFT

Revised August 2008

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 4 weeks – Locked in extension for ambulation
   – Open to available range when pt has good quad control (no extensor lag)
Crutches – weight bearing as tolerated (WBAT) in brace (D/C when gait is normal – generally at 2 weeks)
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)
Mini squats – 0-45 degrees in parallel bars
Weight shifts
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 – Carpet drags or rolling stool (closed chain)
Double leg heel raises
Parallel bar ambulation – Forwards / backwards / lateral
Stationary bike for ROM – 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 4 weeks – Open to available range
Crutches – WBAT, D/C when gait is WNL
Continue appropriate previous exercises and following ex without brace
Scar massage when incision healed
AAROM, AROM through full range as tolerated
Electrical stimulation – Continue as needed
SLR x 4 on mat – Add light ankle weights if quad control is maintained
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Wall squats – No knee flexion past 45 degrees
Total Gym – Progress levels of Mini-squats, 0-45 degrees
Leg Press 0-45 degrees with resistance no more than ½ body weight
Hamstring curls on weight machine with light resistance
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
Stationary bike – Progressive resistance and time
Treadmill – Forwards and backwards walking
Stretches – Hamstring, Hip Flexors, ITB

Goals

ROM 0-110 degrees
No effusion
No extensor lag

Weeks 4 – 6

D/C Brace
Continue appropriate previous exercises
PROM, AAROM, AROM to regain full motion
Standing SLR x 4 with Theraband bilaterally
Mini squats, Wall squats 0-60 degrees – Progress to single leg
Leg press 0-60 degrees with resistance no more than ½ body weight
Forward, lateral and retro step downs 0-60 degrees (medium step)
Proprioceptive training – Single leg BAPS, ball toss and body blade
Elliptical trainer
Pool therapy – Walking / running (no kicking)

Goals

Full ROM
Normal gait

Weeks 6 – 9

Continue appropriate previous exercises
Wall squats 0-90 degrees
Leg press 0-90 degrees with resistance as tolerated
Hamstring curls with resistance as tolerated
Forward, lateral and retro step downs 0-90 degrees (large step)
Hip weight machine x 4 bilaterally
Proprioceptive training – Grid exercises
Stationary bike – 15-20 minutes at a time, at least 70 rpm
Treadmill – Walking progression program

Goal – Walk 2 miles at 15 min/mile pace
Weeks 9 – 12

Continue appropriate previous exercises with progressive resistance
Fitter
Slide board
Functional activities – Figure 8s, gentle loops, large zigzags
Stairmaster – Small steps
Pool therapy – No swimming laps
Quad stretches

Goal – Walk 3 miles at 15 min/mile pace

Months 3 – 4

Isokinetic testing at 180 and 300 degrees/sec – Must have 80% of opposite leg to clear for straight line running
Continue appropriate previous exercises
Knee extension weight machine
Short arc quads
Agility drills / Plyometrics
Treadmill – Running progression program if cleared
Pool therapy – Swimming laps

Goal – Run 2 miles at easy pace

Months 4 – 6

Repeat Isokinetic testing as needed
Continue appropriate previous exercises
Sit-up progression
Running progression to track
Transition to home / gym program

Goals

Return to all activities
Pass APFT at 6 months post-op

No contact sports until 6 months post-op

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**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??

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