ACL RECONSTRUCTION – HAMSTRING AUTOGRRAFT

Revised August 2008 (2011 removed allograft)

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)
Gait pumping
AAROM 0-90 degrees (passive extension, heel slides with towel assist)
  Passive extension with heel on bolster or prone hangs
No active Hamstring exercises
Electrical stimulation in full extension with quad sets and SLR
Quad sets
Straight leg raise (SLR) x 4 directions 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)
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
Co-contractions quads / HS
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 0-90 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 – weight bearing as tolerated (WBAT) in brace, D/C when gait is normal
- Continue appropriate previous exercises
- PROM, AAROM, AROM to regain full motion
- Standing SLR x 4 with light Theraband bilaterally
- Mini squats, Wall squats 0-45 degrees
- Leg press 0-90 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
- Treadmill – Forwards and backwards walking

**Goals**

- Full ROM
- Normal Gait

**Weeks 6 – 9**

- D/C Brace
- 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 (medium to large step)
- Hip weight machine x 4 bilaterally
- Proprioceptive training – Single leg BAPS, ball toss and body blade
- Stationary bike
- Treadmill – Walking progression program
- Elliptical trainer
- Pool therapy – Walking / running (no kicking)

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

**Weeks 9 – 12**

- Continue appropriate previous exercises with progressive resistance
- Fitter
- Slide board
- Proprioceptive training – Grid exercises
- 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

*Continued next page*
**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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