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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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