

NAME: _____ DOS: _____

FREQUENCY/DURATION: ___ TIMES PER WEEK FOR ___ WEEKS

ACL Reconstruction with Bone-Patella-Bone Autograft

General Progression for Activities of Daily Living

- Post-op brace:** locked in full extension (0-1 week) for ambulation and sleeping
 - Discontinue brace for sleeping after 1 week
 - Meniscus/root repair: TDWB in locked extension brace for 6 weeks with ROM to 90 degrees
 - Allograft brace/crutch for 10 weeks flexion to 90 degrees
- Driving**
 - 1 week for automatic cars and/or left leg surgery
 - 2-4 weeks for standard cars or right leg surgery
- Weight Bearing**
 - WBAT (0-1 week) with crutches/brace
 - Meniscus/root repair: TDWB in locked extension for 6 weeks
 - Use assistance device for 4 weeks and discontinue it when there is no extension lag
 - Can wean from crutches/brace by week 6 and progress to full weight bearing

Phase 1 (immediately post op to week 4)

- Goals:**
 - Control inflammation/swelling
 - Achieve full extension
 - Restore normal gait
- Range of Motion:**
 - Full extension AROM/PROM (avoid hyperextension > 10 degrees)
- Therapeutic Exercises:**
 - Patella/scar mobilization (superior glide)
 - Quad/hamstring sets (consider NMES for poor quad sets)
 - Quad isometrics at 60 and 90 degrees
 - Heel slides
 - Strengthening and NWB stretch of gastroc/soleus
 - SLR with brace in full extension until quad strength prevents extension lag
 - Hamstring curls
 - Add weight/TB as tolerated after 2 weeks
 - After 1 week: 1/3 knee bends with current WB status
 - Proprioception work
- Modalities:** PRN, ice/heat
- Criteria to advance to Phase 2**
 - Full extension/hyperextension and minimum of 90 degrees of flexion
 - SLR without extension lag
 - Minimum swelling/inflammation
 - Normal gait on flat surface

Phase 2 (Weeks 4-6)

- Goals:**
 - Restore normal gait
 - Full extension and restore flexion
 - Increase hip, quad, hamstring, and calf strength
 - Increase proprioception
- Range of Motion:**
 - Full knee extension and work on progressive knee flexion
- Therapeutic Exercises:**
 - Closed chain exercises: wall sits, step ups, 0-45 degree mini squats, LP 90-30 degrees

- Stationary bike (start with high seat to promote ROM and partial revolution)
- Proprioceptive activities
- Weight bearing Hamstring, gastro/soleus stretching and strengthening
- Modalities:** PRN, per PT discretion
- Criteria to advance to Phase 3**
 - No PF pain, minimum swelling and inflammation
 - Minimum of 120 degrees of flexion
 - Full weight bearing

Phase 3 (Weeks 6-16)

- Goals:**
 - Full pain free ROM
 - Normal running mechanics
- Therapeutic Exercise:**
 - Advanced CKC: SL swats, LP 0-45 deg, step ups, partial lunges, deep wall sits
 - Progressive hip, quadriceps, hamstring, calf strengthening
 - Advanced proprioceptive activities (baps, squats, mini-tramp)
 - Treadmill walking-forward/backward/uphill (8-10 weeks)
 - Stairmaster (begin with short steps, avoid hyperextension) at 8 weeks
 - Nordic trac/elliptical for conditioning at 8 weeks
 - Begin swimming at 12 weeks
 - Begin jogging at 12 weeks, FWB running at ~16 weeks
- Criteria to advance to Phase 4**
 - Full pain free ROM
 - Symmetric performance of basic and sport specific agility drills
 - Sufficient strength and proprioception to initiate agility activities
 - Normal running gait

Phase 4 (Months 4-6)

- Goals:**
 - Gradual return to sport
 - Pre sports clearance for earlier than 6 months
- Therapeutic Exercises:**
 - Appropriate plyometric program for patients athletic goals
 - Agility drills (side steps, crossovers, figure 8 running, shuttle running, DL/SL jump, cutting, accel/decel, ladder)
 - Continue progression of running distance based on patient needs
 - Initiate sport specific drills as appropriate for patient

Safe Return to Sport in ~9 Months

- MD may recommend functional brace for use during sports for first 1-2 years after surgery
- Meniscus/root repair: TDWB in locked extension brace for 6 weeks with ROM to 90 degrees
- Allograft brace/crutch for 10 weeks flexion to 90 degrees