

NAME: _____ DOS: _____

FREQUENCY/DURATION: ___ TIMES PER WEEK FOR ___ WEEKS

ACL Reconstruction with Hamstring 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 week 1
 - Use brace in noncontrolled environments for 4-8 weeks
 - 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
 - Use assistance device for 4 weeks and discontinue it when there is no extension lag
 - Meniscus/root repair: TDWB in locked extension for 6 weeks

Phase 1 (immediately post op to week 4)

- Goals:**
 - Control inflammation/swelling
 - Achieve full extension by week 2 and 90 deg of flexion by week 4
 - Restore normal gait
- Range of Motion:**
 - Full extension AROM/PROM (avoid hyperextension > 10 degrees)
- Therapeutic Exercises:**
 - AAROM HS curls 0-1 week. AROM as tolerated after 1 week
 - Quad sets (consider NMES for poor quad sets)
 - Quad isometrics at 60 and 90 degrees with strap
 - Heel slides, wall slides
 - Strengthening and NWB stretch of gastroc/soleus
 - SLR with brace in full extension until quad strength prevents extension lag
 - Proprioception work
- Criteria to advance to Phase 2**
 - Full extension/hyperextension and minimum of 90 degrees of flexion
 - SLR without extension lag

Phase 2 (Weeks 4-6)

- Goals:**
 - Restore normal gait
 - Full extension and restore flexion
 - Increase hip, quad, hamstring, and calf strength and proprioception
- Therapeutic Exercises:**
 - Closed chain exercises: wall sits, step ups, 0-45 degree mini squats, LP 90-30 degrees
 - 4 way hip strengthening
 - Gastro/soleus stretching and strengthening (can be weight bearing)
 - Hamstring stretch and curls
 - Stationary bike (start with high seat to promote ROM and partial revolution)
 - Proprioceptive activities (ball toss, balance beam, mini tramp balance)
- 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
- Hamstring strengthening

Therapeutic Exercise:

- Open KC leg extension (90-30 deg)
- Advanced CKC: SL swats, SL LP 0-45 deg, step ups, eccentrics, 4 way lunges, deep wall sits
- Progressive hip, quadriceps, **hamstring**, calf strengthening
- Advanced proprioceptive activities (slide board, ball use)
- 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 straight ahead jogging at 12 weeks, FWB running at ~16 weeks

Criteria to advance to Phase 4

- Full pain free ROM
- 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:

- Continue with stretching and strengthening (quad/hamstring- ie. Deadlift, RDL)
- 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