



REHABILITATION GUIDELINES ACL REPAIR (NOT RECONSTRUCTION)

Released from surgery with brace locked at zero. Stay in brace for 6 weeks. WBAT.

IMMEDIATELY POST-OP

DOS:

- Active ankle pumps
- Quad sets
- Patella mobilization (Continue with extra emphasis on patellar mobs through six weeks)

0-4 WEEKS

DATE:

- Range of motion 0-30 degrees for the first 2 weeks: heel slide only
- Do not force into flexion or hyperextension
- Range of motion to 90 degrees by 4 weeks post op

4 WEEKS POST-OP

DATE:

- Increase ROM to full as tolerated, gentle terminal stretch
- Push toward full hyperextension symmetric with contralateral
- Initiate stationary bike without resistance
- Quad sets, hip girdle strengthening, isometric hamstring, ankle strengthening

6 WEEKS POST-OP

DATE:

- Discharge post-op brace, consider sports brace
- Sport cord activities and closed chain strengthening will begin at six weeks post-op
- Treadmill, increase to 7-10 degrees incline, gradually increase resistance on stationary bike
- Proprioceptive training

10 WEEKS POST-OP

DATE:

- Agility and lateral movement begins in PT
- Increase strength training, use light weights
- Begin stair stepper and elliptical machines, low impact cardio

12 WEEKS POST-OP

DATE:

- May begin jogging, progress as tolerated with straight line running

16 WEEKS POST-OP

DATE:

- Begin plyometrics, continue strengthening

4 MONTHS POST-OP

DATE:

- Functional Sports progression. Return to sports after MD clearance.