

KNEEbraska
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ACL RECONSTRUCTION		REHABILITATION PROTOCOL		
	WEIGHT BEARING	BRACE	ROM	EXERCISES
PHASE I 0-4 weeks	As tolerated with crutches*	0-1 week: locked in full extension for gait and sleeping 1-4 weeks: unlocked for gait, remove for sleeping**	Day 0-7: 0-90 degrees Day 7-14: progress flexion Week 4: attain full PROM flexion	Patellar mobilizations, calf stretching, heel slides, quad/hamstring sets, SLR with brace in full extension until no extension lag, Sidelying hip /core
PHASE II 4-12 weeks	Full, progressing to normal gait pattern	D/C at day 28 if pt has 0 degrees extension lag Goal: d/c by post-op week 5-6	Attain/maintain full ROM	Progress to weightbearing calf stretching, calf raises, closed chain extension, balance, hamstring curls, stationary bike, step ups, planks
PHASE III 12-16 weeks	Full, without use of crutches and with normal gait pattern	NA	Full and painfree	Progress proprioception exercises, Stairmaster, elliptical and straight ahead running at 12 weeks, hip/core, pool
PHASE IV 16-24 weeks	Full	NA	Full and painfree	16 wks: begin jumping 20 wks: advance running to sprinting, cutting/pivoting/direction changes, plyometrics, sport specific tasks
PHASE V >6months	Full	NA	Full and painfree	Gradual return to sports; maintenance program***

*modified if meniscus repair or articular cartilage procedure

**brace may be removed for sleeping after first post-op visit (day 10-14)

***Functional Sports Assessment recommended at approximately 22 weeks post-op for competitive athletes returning to play