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ACL & LCL/PLC Reconstruction Rehabilitation Protocol w/ Graft: _____

Phase/ Goals	Immobilization	ROM	Therapeutic Exercises
<p>Phase 1 (0-2 weeks)</p> <p>Goals:</p> <ul style="list-style-type: none"> • SLR x 20 without lag • Normal gait mechanics • PROM: 0 → 90° • Hold wall slides x 2 wks 	<p>Knee extension brace locked at 0 deg X 6 weeks</p> <p>TTWB x 2 weeks</p>	<ul style="list-style-type: none"> • Avoid open chain extension • Begin PROM 0 – 90 deg • Patellar mobilization all directions <p>Modalities:</p> <ul style="list-style-type: none"> • NMES if unable to perform SLR without lag • Cryocuff/Game Ready Compression/ Ice 	<ul style="list-style-type: none"> • Bike for ROM (rocking) • Flexion: heel slides, seated knee flex • Extension: heel prop, prone hang • Long sitting HS stretch • Quad sets, glut sets • SLR x4 with assist until no lag • Ankle pumps • Calf raises on leg press • Gait training on flat TM <p>****No isolated resisted OKC hamstring exercises x 4 months***</p>
<p>Phase 2 (2-6 weeks)</p> <p>Goals:</p> <ul style="list-style-type: none"> • Minimal joint effusion • Full functional quad/HS strength • ADLs WNL • Avoid isolated active hamstring exercises 	<p>Knee extension brace locked at 0 deg X 6 wks for ambulation</p> <p>50% WB x weeks 2-6</p>	<ul style="list-style-type: none"> • Begin full A/ PROM as tolerated <p>Modalities:</p> <ul style="list-style-type: none"> • Hi-volt IFC for edema control/ice • Scar STM when incision healed • Patellar mobs all directions • Gentle prone quad stretch/knee flex • Manual assist extension/passive stretch • HS STM for extension assist 	<ul style="list-style-type: none"> • Bike for ROM; may progress to full revolution as ROM allows • Standing TKEs when no quad lag • Heel slides/wall slides/seated assist flexion • Prone hang, heel prop • LE stretching: HS, quads, ITB, piriformis (pain free) • Quad sets/glut sets, clams/mini-hydrants/glut pushes • Calf raises on leg press • Very light leg press

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Phase 2 (cont.)			
Phase 3 (7-12 weeks) Goals: <ul style="list-style-type: none"> ● Maintain full AROM ● Bilateral hopping without pain or swelling 	D/C hinged brace, convert to ACL Brace Progress to FWB	<ul style="list-style-type: none"> ● Full A/PROM Manual: <ul style="list-style-type: none"> ● Joint mobs PRN for full flex and ext ROM ● Patellar mobs/ Scar STM with extractor Modalities: <ul style="list-style-type: none"> ● Ice/stim PRN 	<ul style="list-style-type: none"> ● Bike, elliptical, stair master ● LE stretches ● Wall sits/squats <60° flex, progress to ball toss with wall sit and SL squat ● calf raise ● Step ups/lateral step over's- progress to faster pace ● Lunges- stationary (around week 10) ● SL Hop (around week 10) ● Lateral walks with sport cord ● Wobble board/bosu ● Begin walk-jog progression week 12 if full ROM/nil edema/full strength and can perform SL hops x10 pain-free (SUPERVISED) ● No cutting or pivoting
Phase 4 (13-16 weeks) Goals: <ul style="list-style-type: none"> ● Jogging without pain/swelling ● SL raises w/o difficulty 	CTI/ACL brace for activity & throughout the day	<ul style="list-style-type: none"> ● Full A/PROM 	<ul style="list-style-type: none"> ● Continue everything in phase 3 ● Increase walk-jog progression to easy pace with incline ● May begin swimming ● Ladder drills slow pace

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<p>Phase 5 (17-20 weeks)</p> <p>Goals:</p> <ul style="list-style-type: none">• Sport-specific training without pain or swelling• Functional Knee Test results >85% (taken at week 20)	<p>CTI/ACL brace for activity & throughout the day</p>	<ul style="list-style-type: none">• Continue Full A/PROM• Modalities PRN	<ul style="list-style-type: none">• Gym-program activities• Sport-related strengthening Gym-program activities• Progress plyometric progression• Can begin isolated resisted hamstring exercises
<p>Phase 6 (>20 weeks)</p> <p>Goals:</p> <ul style="list-style-type: none">• back to full daily activities	<p>CTI/ACL brace for activity & throughout the day</p>	<ul style="list-style-type: none">• Continue Full A/PROM	<ul style="list-style-type: none">• Progress sport/job-specific training (pivoting, change of direction)• Begin ladder footwork drills at week 25• Begin figure of 8 running