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ACL Reconstruction Rehabilitation Protocol w/ Graft: _____

Phase/ Goals	Immobilization	ROM	Therapeutic Exercises
<p>Phase 1 (0-6 weeks)</p> <p>Goals:</p> <ul style="list-style-type: none"> ● SLR x 20 without lag ● Normal gait mechanics ● PROM: 0 → 120° ● Eliminate effusion ● Hold wall slides x 2 wks 	<p>Knee brace until quad function returns</p> <p>weightbearing as tolerated with crutches x 2 weeks. May wean when quad function returns</p>	<ul style="list-style-type: none"> ● Avoid open chain extension ● Begin PROM 0 – 120 deg (by end of 6 weeks) ● 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 on no resistance AFTER 2 weeks ● 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 ● Standing TKEs ● Ankle pumps ● Calf raises on leg press ● Gait training on flat TM
<p>Phase 2 (7-12 weeks)</p> <p>Goals:</p> <ul style="list-style-type: none"> ● No effusion ● ROM>125 ● Normal functional strength ● ADLs WNL ● Quad set that terminally extends knee 	<p>No brace</p> <p>Full ROM</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 begin elliptical when normal gait and full biking without pain ● Heel slides/wall slides/seated assist flexion ● Lateral band stepping ● LE stretching: HS, quads, ITB, piriformis (pain free) ● Quad sets/glut sets, clams/mini-hydrants/glut pushes ● RDL ● Calf raises on leg press ● Single leg press ● Standing TKEs ● Gait training- when gait WNL, progress to reverse incline

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Phase 2 (cont.)			<ul style="list-style-type: none">● SLS- begin flat surface, progress to uneven surface/airex● Wobble board/Dyna-disc/Bosu balance
Phase 3 (13-18 weeks) Goals: <ul style="list-style-type: none">● Quad index >70%, Y balance anterior reach <8cm side to side difference	Maintain ROM and full weightbearing	<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● Step ups/lateral step over's- progress to faster pace● Lunges- stationary (may progress to walking at week 12)● Lateral walks with sport cord● SLS dynamic surfaces with ball toss and perturbation training● Begin walk-jog progression week 14 if full ROM/no edema/full strength and can perform SL hops x10 pain-free (SUPERVISED)● No cutting or pivoting
Phase 4 (19-24 weeks) Goals: <ul style="list-style-type: none">● Jogging without pain/swelling● SL jump w/o difficulty	Fit for ACL brace	<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● Jogging patterns at 50-75% speed● Muscular power – squads, split jumps, sled drags
Phase 5 (25+ weeks)			<ul style="list-style-type: none">● Figure 8 running patterns/running progression● Ladder/footwork drills● Gym-program activities

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<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</p>	<ul style="list-style-type: none">• Continue Full A/PROM• Modalities PRN	<ul style="list-style-type: none">• Sport-related strengthening Gym-program activities• Progress plyometric progression• Can begin isolated resisted hamstring exercises
<p>Phase 6 (>28 weeks)</p> <p>Goals:</p> <ul style="list-style-type: none">• Slow progression and return to higher level activities and sport• Need Clearance by Dr. casp	<p>CTI/ACL brace for activities</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, kicking, interval training).• No contact, no cleats initially