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ACL Reconstruction Protocol

Week 0-1 (Immediate Post-op)

- Maintain full extension – heel props
- If issued an immobilizer, use for ambulation and sleeping
- Quad sets – NMES prn
- Heel slides in long seated position
- Weight shifting
- Calf stretch (NWB if painful with WB)
- Ankle pumps
- Use ice/game ready device frequently
- D/C crutches ASAP

1-2 Weeks from Surgery (2-3 visits per week)

- Stationary bike (ROM only without resistance)
- Begin mini-squats to 45 degrees
- Balance exercises when full weight bearing without pain
- Calf raises
- Scar mobs after sutures are removed
- Patellar mobilization
- Gait training
- Hamstring stretching

2-4 Weeks from Surgery (progress from top to bottom)

- Focus on normalizing gait
- Progress balance and proprioception exercises
- CKC hamstrings
- TKE
- Step ups
- Hip strengthening
- Mini squats to 90 degrees
- Leg press
- Wall slides

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- Stationary bike (add resistance and progress duration)
- Lunges
- Eccentric quadriceps strengthening

4-6 Weeks from Surgery

- Treadmill if gait is normalized
- Retro walking on treadmill

6-8 Weeks from Surgery

- Eccentric hamstring strengthening
- Emphasize closed chain exercises

8-12 Weeks from Surgery

- Incorporate lateral and rotational movement as appropriate

12-14 Weeks from Surgery

- Begin progressive running program on treadmill/flat surface
- Initiate agility exercises
- Biking outdoors

4-5 Months from Surgery

- Progress agility, plyometrics, running curves/cutting, sports specific training

6 Months from Surgery – Full Return to Activity

- Continue strengthening
- Progress running agilities, plyometrics
- Gradual return to sport