



Jeffrey H. Berg, MD
Gaurav Bhatia, MD
Aaron Carter, MD
Stephanie Clop, MD
Thomas B. Fleeter, MD
George Kartalian, MD
David R. Miller, MD
Dhruv Pateder, MD
James D. Reeves, MD
Raymond Thal, MD

1860 Town Center Dr., Suite 300 Reston, VA
(703) 435-6604

6201 Centreville Rd., Suite 600, Centreville, VA
(703) 378-4860

ACL Reconstruction Protocol

Associated Meniscal Repair:

- PWB (50% of weight) on surgical leg with crutches
- Walk with foot flat on floor
- Wear knee immobilizer when weightbearing
- Remove the knee immobilizer when not weightbearing
- All of these restrictions x 4 weeks, unless informed otherwise

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
- 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