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## 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

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### 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

Orthopaedic and Reconstructive Surgery • Sports Medicine • Arthroscopic Surgery • Spine Surgery  
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### **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 abilities, plyometrics
- Gradual return to sport