

<b>ACL RECONSTRUCTION REHABILITATION PROTOCOL</b>				
<b>TIME PERIOD</b>	<b>WEIGHT BEARING</b>	<b>RANGE OF MOTION</b>	<b>BRACE</b>	<b>EXERCISES</b>
<b>0-1 week</b>	Partial Weight Bearing	Maintain full extension.	Immobilizer except when doing exercises.	Heel slides, quad sets, straight leg raises. Early range of motion exercises.
<b>1-6 weeks</b>	Weight bearing as tolerated with crutches until 4 weeks post op.	<b>Full ROM.</b> Work on obtaining full extension, improved flexion	Transition to Playmaker or TROM at 2 weeks. Immobilizer at night if lacking full extension.	Continue previous exercises. Patellar mobilization. Stationary bike. Aquatic therapy OK once wounds healed completely. Gait training.
<b>6-12 weeks</b>	Full weight bearing.	Full ROM	None	Proprioception training. Strengthening. Jogging straight ahead at 2-3 months.
<b>3-6 months</b>	Full weight bearing.	Full ROM	None	Continue strengthening and proprioceptive exercises. May begin agility/sport specific drills. No contact sports.
<b>6-9 months</b>	Full weight bearing.	Full ROM	None	Gradual return to contact and pivoting sports activities, maintenance program for strength and endurance. *Return to Competitive Sport at 6 months as tolerated. *Allograft 9-12 months.
<b>* If meniscal repair, limit motion 0-90 degrees for 6 weeks, then work towards full. No squatting for 3 months.</b>				

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Questions please call: # 801-587-2557  
 Fax: 801-587-7111

Patient Name: \_\_\_\_\_

Surgery Date: \_\_\_\_\_ Side (Circled): Right Left

Surgery Performed:  
 ACL Reconstruction  
 Meniscectomy  
 Meniscal Repair  
 OTHER: \_\_\_\_\_

Graft type:  
 Hamstring  
 Hybrid – Hamstring/Allograft  
 Patellar Tendon  
 Quadriceps Tendon  
 Allograft  
 IT Band Intra/Extra-Articular Graft  
 OTHER: \_\_\_\_\_

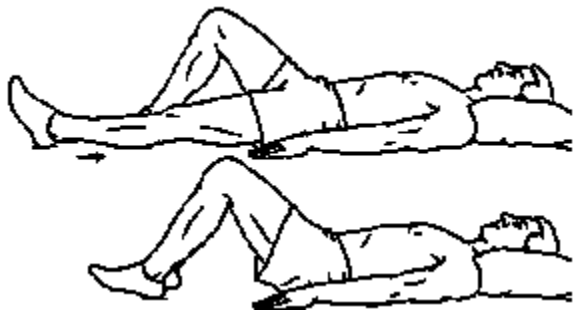
Physical therapy to evaluate and treat for post op ACL reconstruction.

Notes: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

MD signature: \_\_\_\_\_

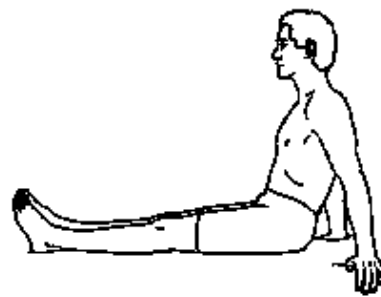
## Home Exercises - Weeks 1-2 after surgery

### Heel Slides



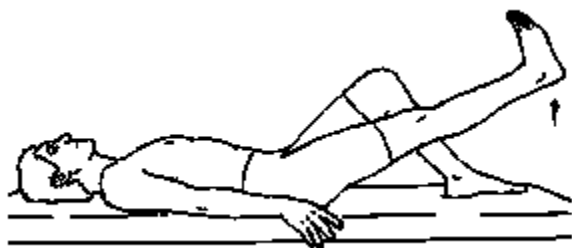
Slide surgical side's heel toward buttocks until a gentle stretch is felt. Hold for 5 seconds. Relax. Repeat 10 times per set. Do 1-2 sets per session, 1 session per day.

### Quad Sets



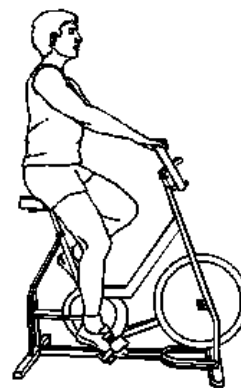
Tighten muscles on top of thighs by pushing knees down into the table/floor. Hold for 5-10 seconds. Repeat 10 times per set, 1-2 sets per session, 1 session per day.

### Straight Leg Raise



Tighten muscles on the front of the surgical side's thigh, then lift leg 5-15" from the floor/table, keeping knee locked. Repeat 10 times per set, 1-2 sets per session, 1 session per day

### Stationary Bike



When comfortable begin activity on a stationary bike. Start easy, seat high, no resistance for 10 minutes. Gradually add in more time, but no resistance until later