

POST-OPERATIVE ACL RECONSTRUCTION

\*\*\*With Meniscus Repair\*\*\*

- 0-6 weeks – toe touch vs NWB advancing to 50% weight bearing at 2-6 weeks
- No weight bearing with knee flexion angles >90°
- Brace locked in extension for ambulation and sleeping
- Brace can be unlocked 0-90° otherwise
- AAROM/AROM only to 90°
- Stairmaster/elliptical delayed until 12 weeks

PHASE 1: WEEKS 0-4

Weight bearing:

- 1. As tolerated with crutches, goal to d/c crutches by 10 days

Brace:

- 1. Locked in extension for ambulation and sleeping weeks 0-2

ROM:

- 1. 0-120° as tolerated
- 2. AAROM to AROM as tolerated

Exercises/Strengthening:

- 1. Restore quad recruitment
- 2. Quad, hamstring, gluteal strengthening  
(Delay hamstring strengthening for 12wks if HS autograft)  
Hamstring curls, quad sets
- 3. Patella mobilizations
- 4. Ankle pumps
- 5. Gastroc/soleus stretching

PHASE 2: WEEKS 4-6

Weight-bearing:

- 1. As tolerated, unassisted

Brace:

- 1. Discontinue once full extension achieved with no evidence of extension lag

ROM:

- 1. Maintain full knee extension
- 2. Work on progressive knee flexion

Exercises/Strengthening:

1. ROM/flexibility exercises
2. Closed kinetic chain quad strengthening – wall sits, mini squats, leg press
3. Stationary bike – progress time and resistance as tolerated
4. Quad/Hamstring sets
5. Balance exercises

PHASE 3: WEEKS 6-16

ROM:

1. Full, painless

Exercises/Strengthening:

1. Continue and progress flexibility and ROM
2. Advance closed chain strengthening exercises and proprioception activities
3. Stairmaster/elliptical can start at 8 weeks
4. Progress towards straight ahead running at 12-16wks

PHASE 4: WEEKS 16-24

1. Gradual return to athletic activity
2. 16 weeks can start jumping
3. 20 weeks can start sprinting, backwards running, cutting/pivoting, hanging direction
4. Can consider functional ACL brace as desired

PHASE 5: 8+ MONTHS POST-OP

1. Consider functional sports assessment
2. Sports specific activities when single leg hop/lower extremity strength >90% of non-involved leg
3. Encourage maintenance program based off functional sports assessment

Additional Instructions:

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Date