

Sports Medicine

Anterior Cruciate Ligament Reconstruction w/ Hamstring Autograft

Brace/Crutches:

- Weight bear as tolerated with crutches
- 1-4 weeks s/p brace locked in full extension for ambulation and while sleeping until full extension.
- Wean off brace & crutches when full extension reached straight leg raise performed without lag, normal gait per therapist.

Restrictions:

- No aggressive hamstring stretches for 6 wks.
- Begin resisted hamstring exercises 8-12weeks.

Range of Motion: Increase range of motion daily as tolerated.

Modalities:

- At Therapists Discretion
- Patella Mobilizations
- ICE use 3-4 x/day for first 10-14 days.

Aquatic Therapy:

- Once wounds well healed
- 2-4 Weeks Only Flutter kicks
- 8wks all kicks OK

Bracing:

- Prescribed by physician

Return to Activities:

- Golf: 8-12wks chip & putt, 50% swing
- Field Sports: 9 months
- Skiing: 9 months



Phase 1 - Protection/Range of Motion (Post-Op Weeks: 0-4)

Goal: Protect Graft, Control Inflammation, Full Bilateral Extension, Flexion $\geq 90^{\circ}$ - 100° , obtain normal gait patterns, Weight bear as tolerated

A. Protection/Immediately Post-Op

Weeks 2-4

Full active/passive range of motion

Quad Activation w/ quad sets & SLR

Stretching lower extremity (Avoid Aggressive Hamstring Stretch)

Stationary bike (Flexion 105°) (No resistance)

Advance: patient has good quad sets, flexion past 90° , straight leg raise w/o extension lag.

Phase 2 - Range of Motion (Post-Op Weeks: 4-6)

Goal: Protect Graft, Restore normal gait, maintain full extension & progress flexion range of motion, control swelling.

A. Progress range of motion

Week 4-6

Continue Phase 1 Exercises

Stationary bike-progress adding resistance (Outside flat riding OK)

Full weight bearing Balance Exercises

Begin Closed chain double leg strengthening w/ no added resistance

Hamstring Exercises as tolerated, Teach Sport Cord home exercise program

Advance: to next phase when patient has full active range of motion and normal gait

Phase 3 - Strengthening (Post-Op: 5 weeks to 3-4 months)

Goal: Protect Graft, Keep Full range of motion, Improve strength, endurance, and proprioception

A. Strengthening:

Advance closed chain strengthening to single leg as tolerated

Progress proprioceptive activities as tolerated

B. Functional:

Week 8-12 s/p

Running progression as tolerated

Golf Short Game Progression 50% swing (chipping and putting)

Advance: patient has pain free range of motion, full and pain free patella motion, sufficient strength (75% rep max leg press/Hamstring curl)

Phase 4 - Function Progression (Post-Op: 3-6months)

Goal: Strengthen, Neuromuscular control in functional activities, patient education to return to play

Progress flexibility and strengthening programs

Initiate Plyo program per patient's goals

Functional/Sport Specific drills as appropriate for patient.

Progress Proprioception

Phase 5 - Functional/Sport Return (Post-Op: 5-6months)

Gradual return to sports participation

Maintain programs for strength endurance, proprioception