

Sports Medicine

ACL Reconstruction w/ Patellar BTB Autograft

Brace/Crutches:

- WBAT immediately post op with crutches
- 0-2 wks s/p brace locked in full ext for ambulation and while sleeping until full extension.
- Wean off brace & crutches when full extension reached SLR performed without lag, normal gait per therapist.

Range of Motion:

Increase ROM daily as tolerated.

Modalities:

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

Aquatic Therapy:

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

Bracing:

- Prescribed by physician

Return to Activities:

Golf: 8-12wks chip & putt, 50% swing
Field Sports: 3-6 mths
Skiing: 5-6 mths



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

Goal: Protect Graft, Control Inflammation, Full Bilateral Extension, Flexion $\geq 90^{\circ}$, obtain normal gait patterns, Avoid Patella Mobs for 2-3 weeks.

A. Protection/Immediately Post-Op

Weeks 2-4 s/p

Full A/PROM-Focus on Extension
Quad Activation w/ quad sets & SLR
Use E-Stim as needed to regain quadriceps
Stretching lower extremity (Avoid Quad Stretch)
Stationary bike (Flexion 105°) (No resistance)

Advance: patient has good quad sets, flexion past 90° , SLR 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 ROM, control swelling.

A. Progress ROM

Week 4-6 s/p

Continue Phase 1 Exercises
Stationary bike-progress adding resistance (Outside flat riding OK)
FWB Balance Exercises
Begin Closed chain double leg strengthening w/ no added resistance
Hamstring Exercises as tolerated, Teach Sport Cord HEP

Advance: to next phase when patient has full AROM and normal gait

Phase 3 - Strengthening (Post-Op: 5 wks to 3-4 mths)

Goal: Protect Graft, Protect PF joint, Keep Full ROM, 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 ROM, full and pain free patella motion, sufficient strength (75% RM leg press/Hamstring curl)

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

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: 5-6mths)

Gradual return to sports participation
Maintain programs for strength endurance, proprioception