

Anterior Cruciate Ligament Reconstruction w/ Allograft

Brace/Crutches:

- Weight Bear As Tolerated as soon as able.
- 1-2 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 weeks.
- Begin resisted hamstring exercises 8-12 weeks.

Range of Motion:

Increase range of motion daily as tolerated.

Modalities:

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

Aquatic Therapy:

- Once wounds well healed
- 2-4 Weeks: Only Flutter kicks
- 8 weeks: 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

A. Protection/Immediately Post-Op

Weeks 2-4

Full Active and passive range of motion
Quad Activation w/ quad sets & straight leg raise
Stretching lower extremity
Stationary bike (Flexion 105°) (No resistance)

Advance: patient has good quad sets, flexion past 90° , and 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, and 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 wks to 3-4 mths)

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