



14 Thomas Point. Rd
Brunswick, ME 04011

Phone (207) 442-0325
Fax (207) 443-4578

ACL-PTG RECONSTRUCTION POST-OPERATIVE REHABILITATION PROGRAM

Immediate post-operative phase

POD 1

Brace – Locked at 0 degrees extension

Weight Bearing As Tolerated (WBAT) with bilateral crutches

Ice and Elevation- Ice 20-30min every 1-2 hrs as needed for swelling
Elevate affected lower extremity during ice.

Muscle stimulation- Electrical stimulation to quads (3-4 times/day) during
quad sets as needed

CPM 0-90 degrees inpatient only

Exercises

- Ankle pumps
- Quad sets
- Glut sets
- SLR
- Passive knee extension to zero
- Hamstring stretch

POD 2-3

Brace – Locked at 0 degrees extension

Weight Bearing – as above

Ice and Elevation – 20 minutes every 1-2 hours with knee in extension

Exercises

- as above
- Bicycle for ROM
- Hamstring Curls
- Pt out of Brace for ROM activities 4-5 times per day
- Multi angle isometrics at 90 & 60 degrees for quads
- Knee extension 90-40 degrees
- Standing wt shifts & mini squats 0-30 degrees of flexion
- Patellar Mobilization

POD 4-7

Brace – Locked at 0 degrees extension

Weight Bearing – as above attempt to D/C crutches 7-10 days post op

Ice and Elevation – 20 minutes every 1-2 hours with knee in extension

ROM goal 0-90 degrees

Exercises:

- as above
- Proprioceptive and balance activities

Week 2

Brace – Unlocked fully at POD 10, brace D/C'd for sleep only

Weight Bearing – as above attempt to D/C crutches 7-10 days post op

Ice and Elevation –with knee in extension after exercises

ROM goal 0-105 degrees

Initiate scar mobilization over scope sites and pat tendon scars as needed

Exercises:

- as above
- Proprioceptive and balance activities
- Multi angle isometrics at 90°, 60° & 30°
- Mini squats to 40 degrees
- Advance PRE program adding 1 lb. Progress by 1 lb per week as tol

Week 3

Brace – Fully unlocked at 0 –125 degrees of flexion

Weight Bearing – as tol

Ice and Elevation –with knee in extension after exercises

ROM goal 0-115 degrees

Exercises:

- as above in week 2
- Proprioceptive and balance activities
- Leg press 0-60 degrees
- Retro walking on treadmill for VMO strength & endurance

Week 4-7

Brace – D/C brace 5-6 weeks

Ice and Elevation –with knee in extension after exercises

ROM goal AROM 0-115 degrees

--

Exercises:

- as above in week 3
- PROM 0-130 degrees
- initiate 2-inch closed chain step ups backwards and side (gradually increase)
- emphasize closed chain proprioceptive exercises
- Initiate running in pool

Week 7-12

Ice and Elevation –with knee in extension after exercises
ROM goal AROM 0-125 degrees

Exercises:

- Continue closed chain exercises with emphasis on eccentric quad control
- Gym Program of Stairmaster ellipse machine, treadmill walking, pool running
- Initiate agility drills side lunges and careokes
- Initiate running on treadmill for short periods of time

Week 12-16

Exercises:

- Continue strengthening exercises
- initiate plyometric program
- initiate running program
- Sport specific training drills