

GARRETT COUNTY ORTHOPAEDICS

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ACL RECONSTRUCTION (BTB, HS, QT) REHABILITATION

Post-op Days 1 – 14

Precautions:

- ~ Wear brace at all times if issued by ortho (even when sleeping) — d/c brace when satisfactory quad strength (30 SLRs w/o lag) and Normal Ambulation
- ~ NO open kinetic chain strengthening
- ~ Crutches –WBAT; d/c when satisfactory quad strength (30 SLRs w/o lag) and normal gait

Rehabilitation:

Patellar mobilization (teach patient)

Ankle pumping

AAROM 0-90 degrees

Passive extension with heel on bolster or prone hangs

No active Hamstring exercises if HS graft,

Hamstring stretching

Quad sets–estim if needed

Straight leg raise (SLR) x 4 directions on mat (in brace if poor quad control)

Total Gym/ shuttle– Mini squats 0-45 degrees

– Passive flexion to 90 degrees max (push up with opposite leg)

Leg press 0-45 degrees with light resistance (up to ¼ body weight)

Stationary bike for range of motion – Complete cycle as able

Ice Pack with knee in full extension after exercise

Gait training as needed

Goals

Full passive extension

Flexion to 90 degrees

Good quad control

Weeks 2- 4

Crutches – weight bearing as tolerated (WBAT) in brace, D/C when gait is normal and good quad strength (30 SLRs w/o lag)

*Continue appropriate previous exercises

*exercise without brace

Scar massage when incision healed

AAROM, AROM through full range as tolerated

Heel raise progression- start DL and progress to SL

SLR x 4 on mat – Add light ankle weights if quad control is maintained, no lag

Total Gym/ Shuttle – Progress levels and ROM of mini-squats as tolerated

Leg press 0-90 degrees with light resistance (up to ¼ body weight)

Hamstring curls – Carpet drags or rolling stool (closed chain)

Stationary bike – Progressive resistance and time

General LE stretching- Hamstring, Hip Flexors, ITB, Calf, etc

Gait training as needed

Goals

ROM 0-110 degrees
No effusion
No extensor lag

Weeks 4 - 6

Crutches – weight bearing as tolerated (WBAT) in brace, D/C when gait is normal and good quad strength (30 SLRs w/o lag)
Continue appropriate previous exercises
PROM, AAROM, AROM to regain full knee motion
Standing SLR x 4 with light Theraband bilaterally
standing Mini squats, Wall squats 0-45 degrees
Leg press 0-90 degrees with resistance no more than ½ body weight
Hamstring curls on weight machine with light resistance or ankle weights
Step up/downs Forward, lateral and retro
– No knee flexion past 45 degrees (small step)
Proprioceptive training
– Single leg standing in parallel bars
– Double leg BAPS for weight shift
Progressive standing balance exercises
Treadmill – Forwards and backwards walking

Goals

Full ROM
Normal Gait

Weeks 6 – 9

D/C Brace
Continue appropriate previous exercises
Wall squats 0-90 degrees
Leg press 0-90 degrees with resistance as tolerated
Hamstring curls with resistance as tolerated
step ups/downs Forward, lateral and retro (medium to large step)
continue Hip strength x 4 bilaterally
Proprioceptive training – Single leg BAPS, ball toss and body blade, etc
Stationary bike for conditioning
Treadmill – Walking progression program
Elliptical trainer
Pool therapy – Walking / running (no kicking)

Goals

Walk 2 miles own pace

Weeks 9 - 12

Continue appropriate previous exercises with progressive resistance
Progressive LE strengthening- calf, leg press, hamstring, hip
Functional activities – Figure 8s, gentle loops, large zigzags
Stairmaster – Small steps
Pool therapy – No swimming laps
Quad stretches, continue general LE stretching

Goal

Walk 3 miles at 15 min/mile pace

Months 3 – 4

Continue appropriate previous exercises
Functional training DL jumps, plyometrics, agility drills, etc

Short arc quads
Treadmill – jogging to Running progression program
Pool therapy – Swimming laps

Goal –

Jogging own pace own distance

Months 4 – 6

Continue appropriate previous exercises
Sit-up progression
Running progression to track
Transition to home / gym program

Goals

Return to all activities

No contact sports until 6 months post-op

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