

ACL RECONSTRUCTION REHABILITATION PROTOCOL

DAY 1

- CPM
- WBAT with 2 crutches if needed
- Passive and Active Knee Extension
- Active Assist knee flexion

DAY 2

- Practice Steps
- Isometric Quads Activation
- Double Tubigrip to control swelling
- D/C Home with follow up arranged for two weeks

DAY 2- WEEK 2

- RICE
- Wall slides, heel slides, patella mobilizations and active assisted ROM exercises aiming for full flexion and extension
- Cycling low resistance

WEEK 2

- Active Hamstring contractions – no resistance until 6 weeks postop
- Closed chain quad strengthening- shallow squats 1-30ds, step-ups
- Cycling
- Stepper
- Proprioception (wobble boards, mini-tramp, standing balance)

WEEK 4

- Stationary cycle increasing resistance
- Stepper machine increasing resistance
- Mini-tramp jogging

WEEK 6

- Begin hamstring resistance exercises gradually
- Commence intensive closed chain quads strengthening- leg press, step up exercises and single leg squats
- Start swimming- **no breast-stroke or flippers**

WEEK 6-3 MONTHS

- Aerobic exercise 20-30mins 3x/week at 60-80% Max HR
- Allow running outdoors- no running down hill and no cutting/pivoting
- Begin controlled “figure of 8” running
- Continue swimming as per previous instructions
- Quad strengthening sessions aim for 75% quads strength compared to contralateral limb by 3 months

3-5 MONTHS

- Continue intensive closed chain quads strengthening
- Introduce controlled plyometrics(i.e. double leg jumps, single leg hops)
- Begin cutting, shuttle runs, figure of 8 and pivot exercises
- Aim for 90% strength by 5 months

5-6 MONTHS

- Sports specific activities once 90% strength and discharge from programme.

Dr Tim O'Carrigan MBBS FRACS FAOrthA

www.sydneyboneandjoint.com.au