

# Anterior Cruciate Ligament Reconstruction

Dr. Carson

*(Meniscal repair in combination with the ACL Reconstruction does not alter his ACL Protocol per Dr. Carson updated 9/2010)*

**DOS:** \_\_\_\_\_

## **Inpatient Program: Begin Date:**

- Instruct in initial exercises: quad sets, straight leg raise, hamstring sets, gluteal sets, supine abduction and adduction, and ankle pumps.
- Instruct in WBAT gait with assistive device on level surfaces and stairs and/or curb.
- Towel roll under heel with knee unsupported 4 times/ day to emphasize full knee extension.
- Gravity assisted and active assisted knee flexion.
- Telescope brace should be locked out in extension when ambulating. Patient may begin to open up brace when ambulating once good quad control is achieved.

## **Outpatient to three weeks: Begin Date:**

- Continue with all of the above exercises.
- Use electrical stimulation when indicated.
- Begin patellar mobilization.
- Gradually progress in weight bearing status (e.g. 2 crutches to single crutch to full weight bearing.)
- PRE hamstring curls (***HAMSTRING GRAFT-avoid hamstring curls until 4 weeks post op. At four weeks post op progress hamstring curls as tolerated.***)
- Stationary bike when adequate flexion (week 2).
- Stair climber when tolerated (week 2).
- Leg press with Theraband when tolerated (week 2).

## **Three to six weeks: Begin Date:**

- closed chain activities – leg press, partial progressing to full squats. (When full WB and good quadriceps control).
- Add resistance to SLR when there is no extension lag and to hip abduction and adduction with resistance at tibial tubercle (cuff wt. or t-band on upper leg).
- Sport cord exercises.
- Begin toe raises.
- Mini-tramp walking (week 4).

## **Six to twelve weeks: Begin Date:**

- Patient may begin to wean out of Telescope brace.
- Begin isokinetic strengthening (270, 240, 200/ sec) and endurance (300/sec).
- Begin proprioceptive retraining.
- Progress to standard bike and swimming.
- Progress mini-tramp to light jogging (6-8 weeks).

**Three to four months: Begin Date:**

- Continue strengthening and ROM. (Can begin isotonic/closed chain exercises).
- Begin straight-ahead activities such as jogging.

**Four to five months: Begin Date:**

- Begin agility drills including lateral and backward running, vertical jumping, jumping rope, carioca, stair climbing, high knee drills and figure eight running.

**Five to six months: Begin Date:**

- Practice the drills of the sport, gradually progressing to full participation.

ACL Reconstruction – Carson 3.05; addendum 4.29.2005; hamstring addendum 9.20.2010