Anterior Cruciate Ligament Reconstruction  
Dr. McKenna, modified October 2013  
(Meniscal repair in combination with the ACL Reconstruction does not alter this Protocol)

**Inpatient Program: DOS:**
- Instruct in initial exercises: quad sets, straight leg raise w/out extensor lag, 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.

**3-5 days po to three weeks: Begin Date:________**
- Initiate PT at 3-5 days po  
- In brace till good quadriceps control  
- Emphasis on full extention ROM by week 2.  
- Continue with all of the above exercises with emphasis on terminal knee ext control.  
- Use electrical stimulation when indicated for pain control and NMES for quad activation facilitation with functional exercises.  
- 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 light resistance when tolerated (week 2).  
  - Heel raises  
  - SLS control when tolerated and with rotational control

**Three to six weeks: Begin Date:**
- Progress ROM to full flexion by 6-8 weeks  
- closed chain activities – (leg press, partial progressing to full squats, Standing hip abd, ext B with involved incorporating stance control progressing to mini-knee bend control, step-downs w/ emphasis on eccentric control  
- Progress SLS control  
- Initiate lateral activities  
- Sport cord exercises.  
- Mini-tramp walking (week 4).

**Six to twelve weeks: Begin Date:**
- Re-educate that autograft is weakest at 6 weeks  
- Progress proprioceptive retraining.  
- Progress lateral control  
- 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 when involve leg 80% or uninvolved with max strength testing  
- Begin agility drills including lateral and backward running, vertical jumping, jumping rope, carioca, stair climbing, high knee drills and figure eight running.

**Four to five months: Begin Date:**
- Goal of 100% quad and HS strength involved to uninvolved side with max strength testing by 4 months  
- Return to sport specific training  
- Release to sport per MD