ACL BIOLOGIC REPAIR WITH HEALING RESPONSE  
DR LEVENE  
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POST-OPERATIVE PHASE  
Released from surgery in IROM locked at zero or long leg immobilizer, patient will stay in protective splinting until 6 weeks post op,  
Crutches for ambulation, weight bear as tolerated

IMmediately POST OP  
Active ankle pumps  
Quad sets  
Patella mobilization (Continue with extra emphasis on patellar mobs through six weeks)

POST OP DAY 1 TO FOUR WEEKS POST OP  
Range of motion 0-30 degrees for the first 2 weeks: heel slide only  
Do not force into flexion or hyperextension  
Range of motion to 90 degrees by 4 weeks post op

FOUR WEEKS POST OP  
Increase ROM to full as tolerated, gentle terminal stretch  
Push toward full hyperextension symmetric with contralateral  
Initiate stationary bike without resistance

SIX WEEKS POST OP  
Sport cord activities and closed chain strengthening will begin at six weeks post-op  
Treadmill, increase to 7-10 degrees incline, gradually increase resistance on stationary bike

TEN WEEKS POST OP  
Agility and lateral movement begins  
Increase strength training, use light weights  
Begin stair stepper and elliptical machines

12 WEEKS POST OP  
May begin jogging, progress as tolerated with straight line running

16 WEEKS POST OP
May begin cutting activities

FOUR MONTHS POST OP
Unrestricted activities per MD clearance