

ACL BIOLOGIC REPAIR WITH HEALING RESPONSE
DR LEVENE
(2/2015)

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