

Lisa Kaplin, DO

ACL RECONSTRUCTION REHAB

Weeks 0-2:

- WBAT, Brace locked at 0 degrees for ambulation and sleeping
- D/C crutches when gait is non-antalgic
- ROM: 0-90° with emphasis on full extension
- Patella mobilization
- SLR supine with brace locked at 0 degrees, Quad Sets
- Ankle Pumps - this is very important to prevent blood clots in the first 2 weeks!!

Weeks 2-6:

- Brace: unlocked when quad control is adequate
 - Discontinue brace when quad control is adequate (typically 4 weeks)
 - ROM: 0-125 degrees (Maintain full extension)
 - Active knee extension from 40 degrees
 - Leg Press (80-0 degree arc)
 - Mini Squats / Weight Shifts
 - Proprioception training
- **Encourage equal force distribution early in rehabilitation through integration of double-limb tasks that progressively load the knee in the sagittal plane to avoid persistent underloading after ACLR.**

Weeks 6-14:

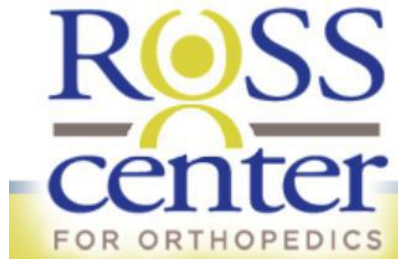
*IF BY 8 WEEKS DO NOT HAVE FULL ROM START DISCUSSING LYSIS OF ADHESION/MANIPULATION AT 12 WEEKS

- Progressive Squat program
- Initiate Step Down program
- Leg Press, Lunges
- Isotonic Knee Extensions (90-40 degrees, closed chain preferred)
- Agility exercises (sport cord)
- Versaclimber/Nordic Track
- Retrograde treadmill ambulation

Weeks 14-22:

*MUST HAVE FULL ROM!!!

- Begin forward running (treadmill) program
- Continue Strengthening & Flexibility program
- Advance Sports-Specific Agility Drills
- Start Plyometric program



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> 22 weeks:

- Advance Plyometric program, Return to Sport (physician Directed)
 - Patients can be cleared from the agility program if they can complete the following:
 - Leg press test: 15 unilateral leg press repetitions with the ACLR limb and load equal to 100% of body weight. Successful repetitions are recorded if patients achieve 90 degrees of knee flexion and returned to a neutral resting position.
 - Hop testing: required to complete a single leg forward hop at 80% or greater of their height with good control/form.
- After passing both the leg press and single leg hop, all patients undergo 3 weeks of progressive agility training that consisted of skipping and running (forward and backward), cariocas cutting movements, shuttle runs, and double leg hops.

Patients are cleared once completing all sets and repetitions without pain or swelling in the involved limb.