

**Lisa Kaplin, DO**

## BONE GRAFTING OF TUNNELS FOR ACL REVISION (STAGE 1) REHAB

### **Week 0-2**

Decreasing swelling/effusion

**\*Getting comfortable in brace and NON WEIGHT bearing with crutches**

Ankle Pumps

Straight leg raises with brace at 0 degrees

Quad sets

Patella mobilization

### **Week 2-8**

**\*\*PROGRESS FROM NON WEIGHT BEARING TO 50% WEIGHT BEARING UNTIL 6 WEEKS POST OP.**

**AT 6 WEEKS CAN BE WEIGHT BEAR AS TOLERATED**

#### *Initial exercises:*

Flexion/extension- wall slides

Flexion/extension- seated

Patellar tendon mobilization

Extension mobilization

Quadriceps contraction exercises

Hamstring contraction exercises

Hamstring stretching

Ankle pumps

Toe and heel raises (start week 5-6)

Balance exercises (start week 5-6)

#### *Cardiovascular exercises:*

Biking/rowing with well leg

Biking with no resistance

**\*MAY BEGIN TO TRANSITION TO FUNCTIONAL ACL BRACE AT 6 WEEKS POST OP, ASSUMING QUAD ACTIVATION IS ADEQUATE. USUALLY IS BY 4 WEEKS.**

### **Week >8**

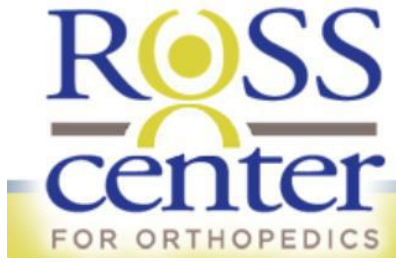
Lap kicking with fins

Biking with resistance

Treadmill walking with 7% incline

Double-leg body weight squat

Double-leg leg press



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\*\*WILL NOT PROGRESS TO TWISTING, PIVOTING, TURNING OR HIGH LOAD ACTIVITIES AFTER 1<sup>ST</sup> STAGE. THAT WILL COME AFTER 2<sup>ND</sup> STAGE, (I.E. ACL REVISION)

\*\*WILL NOT PROGRESS TO HIGH LOAD MUSCULAR STRENGTH DEVELOPMENT UNTIL ACL REVISION IS COMPLETED.