



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

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



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