

ACL reconstruction

Week 0-2

- GOALS:**
- full passive extension
 - full understanding and compliance with home exercise program
 - passive flexion to 90°
 - able to straight leg raise
 - reduce swelling

On site program:

passive ROM --

heel slides

prone hangs to full extension

AAROM

wall slides

hamstring curls -- no weights

straight leg raises -- no weights

isometric hamstring and quadriceps sets

Teach home program:

patellar mobilization

prone hangs

wall slides

- PRECAUTIONS:**
- non-weightbearing with crutches for the first 2 weeks
 - **CLOSED CHAIN EXERCISES ONLY (UNTIL 6 MONTHS POST-OP)**
 - eliminate passive extension exercises as soon as patient has full extension
 - notify physician if goals not achieved

Week 3-4

- GOALS:**
- flexion to 120°
 - achieve normal gait (weight-bearing as tolerated)

On site program:

- passive ROM
- AROM
 - closed chain techniques
 - wall slides
 - hamstring curls -- with weights
 - straight leg raises -- with weights
 - leg press
- conditioning
 - exercise bike
 - treadmill

Teach home program:

- continue patellar mobilization
- wall slides - partial squats
- exercise bike if available

Week 5-8

- GOALS:**
- full passive motion
 - good quadriceps tone
 - normal gait

On site program:

- AROM / resistance exercises
 - closed chain techniques
 - hamstring curls -- with weights
 - straight leg raises -- with weights
 - leg press
- conditioning
 - begin using stairmaster
 - begin BAPS board
 - exercise bike
 - treadmill

Teach home program:

- exercise bike (if available)
- stairmaster (if available)
- treadmill (if available)

Week 9-16

- GOALS:**
- continue strengthening exercises
 - begin agility training
 - work towards normal quadriceps tone and bulk

Week 17-24

- GOALS:**
- continue strengthening exercises
 - jogging OK
 - begin sports specific training
 - plyometrics

After week 24

Use isokinetic testing to evaluate progress and revise strengthening and conditioning program

MODALITIES TO USE

- ELECTRICAL STIMULATION
- ICE (AFTER SESSION)

SPECIAL INSTRUCTIONS: