

ACL Reconstruction Dr. Souster

ACL Protocol

Components of care:

- ROM: joint mobility, Tissue mobility
- Strength
- Balance/ coordination/ proprioception
- Agility/ sports specific/ return to sports

Weeks of Focus:

- 0-10 weeks
- 0-24 weeks
- 1-24 weeks
- 10-24 weeks

Brace:

Discharge brace at:

- BPTB: 2 weeks (*4 weeks if poor quad control)
- Hamstring and Allograft: 4 weeks (*6 weeks if poor quad control)
- ACL with meniscal repair: 4 weeks

* If demonstrate poor quad control unlock brace and continue to wear for up to 2 more weeks or until good control has been established

Other Precautions:

* ACL Reconstruction with Meniscal repair Avoid closed chain exercise with knee flexion until 8 weeks post operative

* Hamstring graft progress hamstring resistance exercises slowly

Phase of care	Treatments	Milestone
Phase 1 Weeks 0-2 2/ week	<p><u>Strength component</u></p> <ul style="list-style-type: none"> - Quad Sets (w/o brace) - Straight Leg raise (w/o brace) <p><u>ROM component</u></p> <ul style="list-style-type: none"> - Knee ROM for flexion and extension <p><u>Balance component</u></p> <ul style="list-style-type: none"> - Weight bearing on the involved lower extremity <p><u>Sports Component: NA</u></p>	<p><u>Strength Component:</u></p> <ul style="list-style-type: none"> - Activation of quadriceps with patella glide <p><u>ROM Component:</u></p> <ul style="list-style-type: none"> - Full knee extension ROM to 0 degrees - Knee flexion 0-100 degrees <p><u>Balance Component:</u></p> <ul style="list-style-type: none"> - Able to ambulate w/o crutches with good weight acceptance <p><u>Sport component: NA</u></p>
Phase 2 Weeks 2-6 2 /week	<p><u>Strength Component:</u></p> <ul style="list-style-type: none"> - Closed Kinetic chain exercises from 0-60° - Open Kinetic Chain exercises from 120-60° With progression from 0-10 lbs <p><u>ROM Component:</u></p> <ul style="list-style-type: none"> - Continue Knee flexion and extension joint mobilization and ROM <p><u>Balance Component:</u></p> <ul style="list-style-type: none"> - Single leg stance with knee unlocked - Single leg squat with good control and in pain free range (Not lower than 30°) <p><u>Sport component: NA</u></p>	<p><u>Strength Component:</u></p> <ul style="list-style-type: none"> - patient able to complete Reciprocal stair climbing <p><u>ROM Component:</u></p> <ul style="list-style-type: none"> - Knee ext equal to opposing leg at 3 weeks - Knee flexion to 80% or better of full knee flexion by 6 weeks <p><u>Balance Component:</u></p> <ul style="list-style-type: none"> - Walking w/o brace without knee extension lag - Able to complete a single leg squat without hands to 20° flexion <p><u>Sport component:</u></p> <p>NA</p>

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<p>Phase 3 Week 6-12</p> <p>1/ week</p>	<p><u>Strength Component:</u></p> <ul style="list-style-type: none"> - Continue with strengthening for the lower extremity with an emphasis on quadriceps - Increase Range of closed chain exercises w/o anterior knee pain - Increase Range of open chain exercises w/o anterior knee pain <p><u>ROM Component:</u></p> <ul style="list-style-type: none"> - Continue with knee ROM as needed until goals are met <p><u>Balance Component:</u></p> <ul style="list-style-type: none"> - Windmills - Weight acceptance from a step off a 4 inch box <p><u>Sport component:</u></p> <ul style="list-style-type: none"> - Begin Jogging at 8-12 weeks 	<p><u>Strength Component:</u></p> <ul style="list-style-type: none"> - Reciprocal stair descent - Able to complete a 4 inch step down without substitution patterns at week 9 - Able to complete a 4 inch step off and able to catch body weight with correct form by week 10-12 <p><u>ROM Component:</u></p> <ul style="list-style-type: none"> - Achieve full knee ROM in all planes <p><u>Balance Component:</u></p> <ul style="list-style-type: none"> - Able to complete a 4 inch step off and able to catch body weight with correct form by week 10-12 <p><u>Sport component:</u></p> <ul style="list-style-type: none"> - Able to complete a 4 inch step off and able to catch body weight with correct form by week 10-12 prior to start of jogging
<p>Phase 4 Week 12-20</p> <p>1/ every other week</p>	<p><u>Strength Component:</u></p> <ul style="list-style-type: none"> - Patient instructed on strength program at home gym <p><u>ROM Component:</u></p> <ul style="list-style-type: none"> - NA <p><u>Balance Component:</u></p> <ul style="list-style-type: none"> - Perturbation exercises <p><u>Sport component:</u></p> <ul style="list-style-type: none"> - Sports agility <ul style="list-style-type: none"> - Lateral movements - Jumping activities - Change of direction motions - PEP or 11+ prevention program (Return to sports program) 	<p><u>Strength Component:</u></p> <ul style="list-style-type: none"> - 70% of quad strength at week 15 - 90% of quad strength at week 20 for athletes - 80% of quad strength for recreational athletes and non-athletes at 20 weeks <p><u>ROM Component:</u></p> <ul style="list-style-type: none"> NA <p><u>Balance Component:</u></p> <ul style="list-style-type: none"> - Improved single leg balance and weight acceptance of the involved lower extremity - Able to pass Hop test at 80% of the uninjured lower extremity at 20 weeks <p><u>Sport component:</u></p> <ul style="list-style-type: none"> - Begin return to sports program at 16-20 weeks