ACL Reconstruction with Allograft

**Phase 1: Maximum Protection Phase (Weeks 1-4)**

**Goals:**
- Control inflammation/effusion
  - Allow early healing
  - Full passive knee extension
  - Gradually increase knee flexion
  - Independent quad control

**Stage 1: Immediate post-surgery days 1-7**
- Ice, compression, elevation.
- ROM (Passive 0-90)
- Patellar mobilization
- Strengthening exercise:
  - Quad Sets
  - SLR flexion
  - Hip Abd/Adduction
  - Knee Extension 60-0 degrees
- Weight Bearing: 50% to WBAT with 2 crutches
- Avoid terminal knee extension

**Stage 2: Weeks 2-4**
- Continue use of ice and compression
- ROM Guidelines
  - Gradually increase PROM
  - Week 2: 0-105 degrees
  - Week 3: 0-125 degrees
  - Week 4: 0-135 degrees
- Weight bearing guidelines- Week 2-3: Full weight bearing
- Strengthening Exercises: Begin Phase I Exercises
  - SLR (all 4 planes)
  - Knee Extension 90-0degrees
  - Heel Slides
- Bicycle (once ROM appropriate)
  *Avoid twisting, deep squatting, stooping

**Phase 2: Moderate Protection Phase (4-7 weeks)**

**Goals:**
- Full PROM
  - No Swelling/inflammation
  - Proper gait pattern
- Continue ROM and stretching to progress 0-140 Degrees
- Continue strengthening exercises Phase I
• Begin Level Two agility
  o Cup walking
  o Planks
  o Bridging
  o Steamboats 4 way (involved leg down)
  o Ball roll: for, side and back (involved leg down)
  o Heel raises
• Light strengthening: Short range leg press, 4-Way hip, leg extension 90-45, Dead lifts
• Bicycle (as ROM permits)
• Pool Program
*Avoid twisting, pivoting, running and deep squatting

Phase 3: Controlled Activity Phase (7-9 weeks)
Goals: Improve strength and endurance
  Maintain Full ROM

Week 7-9
• Progress to Phase II Strengthening
• Initiate Dynamic warm-up
• Initiate Form Stepping (progress from walk pace to fast step pace)
• Initiate elliptical
• Toe calf raises
• Progress balance training
• Progress to isotonic strengthening program

Week 10—week 15
• Continue Strengthening and stretching program
• Continue dynamic warm-up
• Form running: progress from fast pace walk to trot to jog pace
• Initiate treadmill for endurance (3.5mph fast walk then progress to light jog at 14 weeks)
• Begin step ups and step downs
• Initiate pool running

Phase 4: Return to Activity Phase (4-6 month)
Goals: Improve strength and endurance
  Prepare for unrestricted activities

Exercises
• Continue and progress all strengthening exercises and stretching drills
• Deep squatting permitted at 4 months
• Initiate jumping program Ankle jumps, two-legged hop, two –legged jumps, single leg, etc…
• Initiate straight line running at 4 months
• Initiate pivoting and cutting: 5 months
• Initiate agility training: 5 months
- Gradually return to sport drills: 6 months
- Non contact practice 7 months
- Full competition non contact sports 9 months
- Full competition full contact 10 to 12 months