

ACL Reconstruction (w/ meniscus repair)

PHASE I (0-2 weeks after surgery)

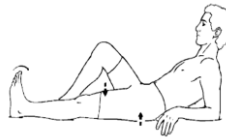
Goals	<ul style="list-style-type: none"> • Decrease swelling • Gain flexion; limit to 90 degrees
Precautions/Brace	<ul style="list-style-type: none"> • Keep incision clean and dry • Brace ROM 0-90 degrees • 50% weight Bearing
Exercises	<ul style="list-style-type: none"> • Calf stretches • Ankle pumps, heel slides, quad sets, SLR (with brace in full extension until no extension lag) • Rolled towel under heel for extension stretch, 20min, 3x per day
ROM Goals	<ul style="list-style-type: none"> • Full extension and limit to 90 degrees flexion



Ankle Pumps



Heel Slide



Quad Sets



Straight Leg Raise



Extension Stretch

PHASE II (2-6 weeks)

Goals	<ul style="list-style-type: none"> • 90 degrees flexion • Minimal swelling • Quadriceps muscle control
Precautions/Brace	<ul style="list-style-type: none"> • 50% weight bearing • Brace unlocked to 90 degrees • Avoid open kinetic chain exercises (i.e. leg extension, leg curl)
Exercises	<ul style="list-style-type: none"> • Stationary Bike (no more than 90 degrees flexion) • Continue phase I exercises, Co-contraction isometric ab/adduction, patellar mobilization • 4-6 weeks progress to partial wall sits (no greater than 90 degrees flexion) • Core Strengthening
ROM Goals	<ul style="list-style-type: none"> • Full extension • Limit flexion to 90 degrees • 4-6 weeks: progress to full PROM as tolerated, limiting flexion to no more than 90 degrees



Abduction



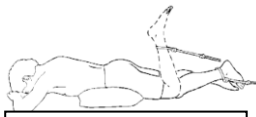
Adduction



Wall Sits

PHASE III (6-12 weeks)

Goals	<ul style="list-style-type: none"> • Increase Strength • Gain full and pain free ROM
Precautions/Brace	<ul style="list-style-type: none"> • Progress from partial WB to FWB with normalized gait pattern • Discontinue brace
Exercises	<ul style="list-style-type: none"> • Continue phase II exercises, progress to proprioception and closed chain strengthening • Stationary Bike • Begin hamstring strengthening (8 weeks) • Bridging, wall squats, calf raises, balance, hip abduction, step ups, advanced core, front and side planks



Hamstring Curls



Bridge



Calf Raises



Balance



Step Ups



Step Downs

PHASE IV (3-6 Months)

Goals	<ul style="list-style-type: none"> • Running and endurance speed • Single Leg Strength • Begin preparing for return to activity
Precautions	<ul style="list-style-type: none"> • Reduce activity if you notice an increase in swelling that is not manageable • Refrain from open chained leg extension • Must have good quad control before progressing to single leg hops, cutting, single leg agility
Exercises	<ul style="list-style-type: none"> • Stairmaster, elliptical, and straight ahead running at 12 weeks • Controlled jumping at 16 weeks, lunge and reverse lunge • Sprints, backward running, cutting, sport specific drills at 20 weeks



Lunge



Box Jumps



Deep Squat



Single Leg Squat

PHASE V (6 months +)

Goals	<ul style="list-style-type: none"> • Return to sport
Precautions	<ul style="list-style-type: none"> • Must practice with full participation without pain or swelling before returning competitively • Must perform single leg squat without weakness (shaking) • No effusion and good quad control
Exercises	<ul style="list-style-type: none"> • Full participation

BORGESS

Sports Medicine