

### ACL Reconstruction (w/o meniscus repair)

#### PHASE I (0-2 weeks after surgery)

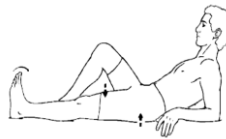
Goals	<ul style="list-style-type: none"> <li>• Decrease swelling</li> <li>• Gain full extension</li> <li>• Progress to weight bearing as tolerated</li> <li>• Wean off crutches when able to perform straight leg raise (SLR) X 20 seconds</li> </ul>
Precautions	<ul style="list-style-type: none"> <li>• Keep incision clean and dry</li> </ul>
Exercises	<ul style="list-style-type: none"> <li>• Calf and hamstring stretches</li> <li>• Ankle pumps, heel slides, quad sets, SLR</li> <li>• Rolled towel under heel for extension stretch</li> <li>• Weight shifts</li> </ul>
ROM Goals	<ul style="list-style-type: none"> <li>• Full extension and 90 degrees flexion by 2 weeks</li> <li>• Full flexion will take longer; continue working on heel slides</li> </ul>



Ankle Pumps



Heel Slide



Quad Sets



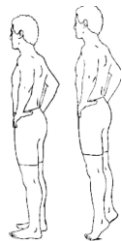
Straight Leg Raise



Extension Stretch

#### PHASE II (2-6 weeks)

Goals	<ul style="list-style-type: none"> <li>• Full Active ROM</li> <li>• Normal Gait</li> <li>• Minimal swelling</li> <li>• Quadriceps muscle control</li> </ul>
Precautions	<ul style="list-style-type: none"> <li>• Avoid open kinetic chain exercises (i.e. leg extension, leg curl)</li> </ul>
Exercises	<ul style="list-style-type: none"> <li>• Stationary Bike</li> <li>• Calf raises, closed kinetic chain exercises, squats and lunges, single-leg balance, leg press, VMO and gluteal exercises</li> <li>• Core Strengthening</li> </ul>
ROM Goals	<ul style="list-style-type: none"> <li>• Full extension</li> <li>• Full Active Flexion</li> </ul>



Calf Raise



Wall Squats



Lunge



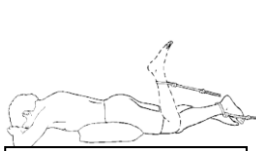
Balance



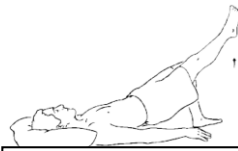
Hip Abduction

### PHASE III (6-12 weeks)

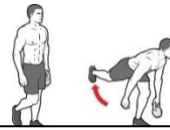
Goals	<ul style="list-style-type: none"> <li>• Quad control with hopping and lunging</li> <li>• Increase lower extremity strength</li> </ul>
Precautions	<ul style="list-style-type: none"> <li>• Running may begin towards end of phase if good quad control, no swelling, no pain with jumping and lunging</li> </ul>
Exercises	<ul style="list-style-type: none"> <li>• Continue phase II exercises</li> <li>• Prone knee flexion including light weight</li> <li>• Bridging, progressing to performing single leg</li> <li>• Single leg dead lift</li> <li>• Hops – forward, backward, side to side, off a step</li> </ul>



Hamstring Curls



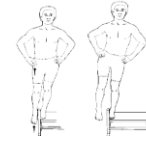
Single Leg Bridge



Single Leg Dead Lift



Step Ups



Step Downs

### PHASE IV (3-6 Months)

Goals	<ul style="list-style-type: none"> <li>• Running and endurance speed</li> <li>• Change of direction</li> <li>• Begin preparing for return to activity</li> </ul>
Precautions	<ul style="list-style-type: none"> <li>• Reduce activity if you notice an increase in swelling that is not manageable</li> <li>• Refrain from open chained leg extension</li> <li>• Must have good quad control before progressing to single leg hops, cutting, single leg agility</li> </ul>
Exercises	<ul style="list-style-type: none"> <li>• Running, progressing to sport specific sprinting</li> <li>• Controlled jumping</li> <li>• Sport specific agility and core strengthening</li> </ul>

### PHASE V (6 months +)

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



Box Jumps



Deep Squat



Single Leg Squat