



FOX VALLEY ORTHOPEDICS  
ACL RECONSTRUCTION

For Dr. Mehta's patients, if also had MENISCUS REPAIR with ACL RECONSTRUCTION, please follow this ACL RECONSTRUCTION protocol

**PHASE 1**

Day 1-3

*Goals: edema reduction, extension ROM progression, quad atrophy minimization*

- WBAT with brace locked in extension x 2 weeks  
with or without crutches
- PROM, AAROM  
\*emphasize full extension  
prone hangs  
heel slides
- strengthening  
quad sets  
SLR
- stretching  
non weight-bearing gastroc/soleus, hamstring
- manual techniques  
patellar mobilization
- modalities

**PHASE 2**

Day 4- 2 weeks

*Goals: extension and flexion ROM progression 0-90 degrees, minimization of extensor lag*

- WB with brace locked in extension x 2 weeks  
with or without crutches
- PROM, AROM - prone hangs with 2# if still lacking extension
- strengthening  
heel raises  
theraband TKE  
total gym squats
- stretching
- manual techniques
- modalities

Continued

**ACL RECONSTRUCTION****PHASE 3**

week 2 - week 4

*Goals: ROM progression 0-120 degrees, strength and proprioception progression*

- WB with brace unlocked at 2 weeks (continue to wear brace unlocked for 2 weeks)  
At week 4, progress to d/c brace when adequate quad control
- PROM, AROM, RROM
- strengthening
  - single leg exercises PWB progressing to FWB
  - bike, stairclimber
- stretching
  - progress to WB gastroc/soleus
- neuromuscular re-education
  - balance board
  - single leg balance
- manual techniques
- modalities

**PHASE 4**

week 4-6

*Goals: full anatomic hyperextension, full flexion, normal gait*

- Progress gradually from unlocked brace to d/c brace per therapist
- PROM, AROM, RROM
- strengthening
  - \* gradual progression to the following
  - chair/wall squats
  - lunges
  - step up/down progression
- neuromuscular re-education
- manual techniques
- modalities

**PHASE 5**

week 6-10

*Goals: protection due to tendon revascularization, strengthening*

- AROM, RROM
- strengthening
  - single leg chair squats
  - treadmill, versaclimber
- neuromuscular re-education
  - anterior reach 5-7 pt. touch
- manual techniques
- modalities
- functional testing at 10 wks
  - 7 in step down
  - ant reach

**ACL RECONSTRUCTION****PHASE 6**

week 10-12

*Goals: protection due to tendon revascularization, strengthening*

- AROM, RROM
- strengthening
  - light plyometrics/ladder
  - bilateral jumping
  - jogging progression at 12 wks if no gait/running deviation
- neuromuscular re-education
- manual techniques
- Biodex at 12 weeks (if Biodex available)
  - pt to practice ACL III protocol at least two times

**H/Q ratio****torque to BW ratio****Male****Female**

180 deg/sec	70-79%	65-75% bw	55-65 % bw
300 deg/sec	80-95%	45-55% bw	35-45% bw

**PHASE 7**

month 4-6

*Goals: strength progression, sport training*

- strengthening
  - jumping
  - moderate plyometrics/ladder (advanced plyometrics at 5 mos)
  - unilateral jumping
  - light sport practice

**PHASE 8**

month 6 and later

*Goals: strength progression, return to sports*

- strengthening
  - cutting and pivot activities
  - return to sports as tolerated

\*Per MD/PA, may give rx for functional testing return to play 6-9 months post op