



Mercy Sports Medicine Institute &
Joint Preservation Center

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ACL RECONSTRUCTION – REVISION / ALLOGRAFT

Post-op Days 1 – 14

Dressing – POD 1: Debulk dressing, TED Hose in place
– POD 2: Change dressing, keep wound covered, continue TED Hose
– POD 7-10: Sutures out, D/C TED Hose when effusion resolved
Brace x 6 weeks – Locked in extension for ambulation
– Open to available range when pt has good quad control (no extensor lag).
Crutches – Non-weight bearing (NWB) in brace
Patellar mobilization (teach patient)
Calf pumping
AAROM 0-90 degrees (passive extension, active flexion, heel slides)
Passive extension with heel on bolster or prone hangs
Electrical stimulation in full extension with quad sets and SLR
Quad sets, Co-contractions quads / Hamstring
Straight leg raise (SLR) x 4 on mat (in brace if poor quad control)
Total Gym (level 3-5) – Mini squats 0-45 degrees
– Passive flexion to 90 degrees max (push up with opposite leg)
Leg press 0-45 degrees with light resistance (up to ¼ body weight)
Hamstring curls – Standing
Stationary bike for range of motion – Complete cycle as able
Ice Pack with knee in full extension after exercise

Goals

Full passive extension
Flexion to 90 degrees
Good quad control

Weeks 2 – 4

Brace x 6 weeks – Open to available range
Crutches – PWB in brace
Continue appropriate previous exercises and following ex without brace
Scar massage when incision healed
AAROM, AROM through full range as tolerated
SLR x 4 on mat – Add light ankle weights if quad control is maintained
Total Gym – Progress levels and ROM of mini-squats as tolerated
Leg press 0-60 degrees with light resistance (up to ¼ body weight)
Hamstring curls – Carpet drags or rolling stool (closed chain)
Double leg heel raises
Stationary bike – Progressive resistance and time
Stretches – Hamstring, Hip Flexors, ITB

Goals

ROM 0-110 degrees

No effusion

No extensor lag

Weeks 4 – 6

Brace x 6 weeks – Open to available range

Crutches – PWB in brace

Continue appropriate previous exercises

PROM, AAROM, AROM to regain full motion

Weight shifts

Mini squats 0-60 degrees – In parallel bars

Leg press 0-60 degrees with light resistance (up to ½ body weight)

Hamstring curls on weight machine with light resistance

Goal – Full ROM

Weeks 6 – 9

D/C Brace

Crutches – weight bearing as tolerated (WBAT), D/C when gait is WNL

Continue appropriate previous exercises

Standing SLR x 4 with light Theraband bilaterally

Wall squats 0-45 degrees, progress to single leg

Leg press 0-60 degrees with resistance as tolerated

Hamstring curls with resistance as tolerated

Forward, lateral and retro step downs in parallel bars

– No knee flexion past 45 degrees (small step)

Single leg heel raises

Proprioceptive training – Single leg standing in parallel bars

– Double leg BAPS for weight shift

Treadmill – Forwards and backwards walking

Stationary bike – 15-20 minutes at a time, at least 70 rpm

Goal – Normal gait

Weeks 9 – 12

Continue appropriate previous exercises with progressive resistance

Wall squats 0-90 degrees

Leg press 0-90 with resistance as tolerated

Forward, lateral and retro step downs (medium to large step)

Hip weight machine x 4 bilaterally

Proprioceptive training – Single leg BAPS, ball toss and body blade

– Grid exercises

Treadmill – Walking progression program

Elliptical trainer

Pool therapy – Walking / running (no kicking)

Goal – Walk 2 miles at 15 min/mile pace

Months 3 – 4

Continue appropriate previous exercises

Fitter

Slide board

Stairmaster – Small steps

Pool therapy – No swimming laps

Goal – Walk 3 miles at 15 min/mile pace

Months 4 – 6

Continue appropriate previous exercises

Knee extension weight machine

Short arc quads

Functional activities – Figure 8s, gentle loops, large zigzags

Pool therapy – Swimming laps

Quad stretches

Goal – Equal thigh girth

Months 6 – 9

Isokinetic testing at 180 and 300 degrees/sec – Must have 80% of opposite leg to clear for straight line running

Continue appropriate previous exercises

Home/gym program

Agility drills / Plyometrics

Sit-up progression

Treadmill – Running progression program if cleared

Transition to home / gym program

Goals

Return to all activities

Pass APFT at 9 months post-op

No contact sports until 12 months post-op