



Mercy Sports Medicine Institute &

Joint Preservation Center

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ACL RECONSTRUCTION – HAMSTRING AUTOGRAFT

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 – Partial weight bearing (PWB) in brace

Patellar mobilization (teach patient)

Calf pumping

AAROM 0-90 degrees (passive extension, heel slides with towel assist)

Passive extension with heel on bolster or prone hangs

No active Hamstring exercises

Electrical stimulation in full extension with quad sets and SLR

Quad sets

Straight leg raise (SLR) x 4 directions 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)

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

Co-contractions quads / HS

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 0-90 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 – weight bearing as tolerated (WBAT) in brace, D/C when gait is normal
Continue appropriate previous exercises
PROM, AAROM, AROM to regain full motion
Standing SLR x 4 with light Theraband bilaterally
Mini squats, Wall squats 0-45 degrees
Leg press 0-90 degrees with resistance no more than ½ body weight
Hamstring curls on weight machine with light resistance
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

Goals

Full ROM
Normal Gait

Weeks 6 – 9

D/C Brace
Continue appropriate previous exercises
Wall squats 0-90 degrees
Leg press 0-90 degrees with resistance as tolerated
Hamstring curls 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
Stationary bike – 15-20 minutes at a time, at least 70 rpm
Treadmill – Walking progression program
Elliptical trainer
Pool therapy – Walking / running (no kicking)

Goals – Walk 2 miles at 15 min/mile pace

Weeks 9 – 12

Continue appropriate previous exercises with progressive resistance
Fitter
Slide board
Proprioceptive training – Grid exercises
Functional activities – Figure 8s, gentle loops, large zigzags
Stairmaster – Small steps
Pool therapy – No swimming laps
Quad stretches

Goal – Walk 3 miles at 15 min/mile pace

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Months 3 – 4

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

Continue appropriate previous exercises

Knee extension weight machine

Short arc quads

Agility drills / Plyometrics

Treadmill – Running progression program if cleared

Pool therapy – Swimming laps

Goal – Run 2 miles at easy pace

Months 4 – 6

Repeat Isokinetic testing as needed

Continue appropriate previous exercises

Sit-up progression

Running progression to track

Transition to home / gym program

Goals

Return to all activities

Pass APFT at 6 months post-op

No contact sports until 6-9 months post-op