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REHABILITATION GUIDELINES FOR ACL REPAIR

PHASE I (0-2 WEEKS)

DATES:

Appointments	Physical therapy 2-3x/week, beginning 2-5 days post-op
Rehabilitation Goals	<ul style="list-style-type: none"> • Full extension symmetrical to contralateral knee before the first post-op visit at 2 weeks • Flexion to 120° • 20° SLR without quad lag • Off of crutches
Precautions	<p>WB:</p> <ul style="list-style-type: none"> • WBAT with crutches <p>Brace:</p> <ul style="list-style-type: none"> • Brace locked in extension until first PT visit, then unlocked at all times. • May remove brace for sleep and exercises after 1 week
Suggested Therapeutic Exercises	<ul style="list-style-type: none"> • Prolonged extension- prone hang, supine with roll under ankle • Heel slides, wall slides, prone knee flexion • Isometric quad set, then SLR • Hamstring isometrics • 4-way hip and ankle exercises including calf pumps • Initiate proprioceptive/balance exercises to include single leg stance, weight shifts forward, retro, lateral • Patellar mobilizations (especially cranially) • Ice 5x/day, 20 min each time, especially after exercises
Cardiovascular Exercises	<ul style="list-style-type: none"> • Stationary bike- no resistance
Progression Criteria	<ul style="list-style-type: none"> • DC crutches when quad control returns, full extension achieved, stable with low fall risk. • May be weaned to 1 crutch with full extension if steady in gait

PHASE II (2-4 WEEKS)

DATES:

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Appointments	Continue physical therapy 2-3x/week
Rehabilitation Goals	<ul style="list-style-type: none"> Full ROM Advanced strengthening Consider early neuromuscular retraining
Precautions	<ul style="list-style-type: none"> Wear brace except for sleeping, exercises
Suggested Therapeutic Exercises	<ul style="list-style-type: none"> AVOID OPEN CHAIN RESISTIVE ESPECIALLY WITH WEIGHTS (resistance bands OK for hamstring/quad) Quad: Mini squats/wall squats, step ups Hamstring: bridge, standing hamstring eccentrics Calf: heel raises, calf press Hip: extension, ABD, ADD Consider balance board/wobble board for early NM retraining
Cardiovascular Exercises	<ul style="list-style-type: none"> Stationary bike: as soon as motion (0-115 degrees) allows Elliptical Stairmaster Pool: walking, aqua-jogging, NO KICKING (begin 4-6 weeks)
Progression Criteria	<ul style="list-style-type: none"> Full ROM Minimal Effusion Functional control for ADLs achieved <p>Brace: DC brace if adequate quad control for gait on level surfaces, inside at 6 weeks post-op.</p>

PHASE III (4 – 8 WEEKS)

DATES:

Appointments	Continue physical therapy 1-2x/week as indicated
Rehabilitation Goals	<ul style="list-style-type: none"> Maintain full ROM (should be full extension and to 135° flexion) Progress neuromuscular retraining program Core integration
Precautions	<ul style="list-style-type: none"> No downhill walking/running, downhill skiing, downhill biking until 4.5 months
Suggested Therapeutic Exercises	<ul style="list-style-type: none"> HEP 5x per week Progress neuromuscular proprioceptive/balance exercises including single leg balance progression- varying surfaces

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(Phase III continued) Suggested Therapeutic Exercises	<ul style="list-style-type: none"> Pool: begin 4 way hip, lateral movement, deep water jogging in place (no freestyle or frog/breaststroke kick) Strengthening: lunges, sport cord, wall squats, step up/down
Cardiovascular Exercises	<ul style="list-style-type: none"> May begin road biking outdoor on flat roads only May begin treadmill walking
Progression Criteria	<ul style="list-style-type: none"> Neuromuscular exercises without difficulty

PHASE IV (8 -12 WEEKS)

DATES:

Appointments	Continue physical Therapy 1-2x per week
Rehabilitation Goals	<ul style="list-style-type: none"> At 12 weeks: <ul style="list-style-type: none"> Light running/hopping without pain or swelling progress to running patterns at 75% speed Good jumping mechanics- NO DYNAMIC VALGUS Hop drills without difficulty
Precautions	<ul style="list-style-type: none"> No downhill walking/running, downhill skiing, downhill biking until 4.5 months
Suggested Therapeutic Exercises	<ul style="list-style-type: none"> HEP 5x per week Agility drills: <ul style="list-style-type: none"> shuffling, hopping, running patterns (Ex: figure 8) Sport specific closed-chain exercises: <ul style="list-style-type: none"> leg press (0-60°) step ups mini squats (0-60°) short arc quad (30-90°) hamstring curls with light weight/high repetition
Cardiovascular Exercises	<ul style="list-style-type: none"> Begin endurance closed-chain exercises 3-4x/week <ul style="list-style-type: none"> Stairmaster, stationary bike, elliptical, NordicTrack (short stride). Focus on increasing endurance. Progress jogging on treadmill or even ground to running patterns at 75% Pool: may start freestyle swimming (avoid frog/breaststroke kick), progress to shallow water jogging
Progression Criteria	<ul style="list-style-type: none"> Running without knee effusion Hopping/agility drills without knee pain or effusion

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PHASE V (3 TO 6 MONTHS)

DATES:

Appointments	Continue physical therapy 2 visits per month to review HEP
Rehabilitation Goals	<ul style="list-style-type: none"> • Able to complete a running program • May begin plyometric program, jump rope exercises • Hamstring and quadriceps strength 90% of other leg • Return to sport testing at 9 months post-op, prior to MD visit
Precautions	<ul style="list-style-type: none"> • Earliest return to full sports = 9 months.
Suggested Therapeutic Exercises	<ul style="list-style-type: none"> • HEP 4-5x per week • Agility drills: shuffling, hopping, running patterns (Ex: figure 8) • Sport Specific: <ul style="list-style-type: none"> - plyometric program - fast straight running, backward running, cutting, cross-overs, carioca, etc. in controlled environment
Cardiovascular Exercises	<ul style="list-style-type: none"> • Pool: may advance swimming (avoid frog/breaststroke kick)
Progression Criteria (Return to Sport)	<ul style="list-style-type: none"> • Quadriceps and hamstring strength at least 90% of opposite leg • Single leg hop test and vertical jump at least 90% of opposite leg • Jog, full speed run, shuttle run, and figure 8 running without a limp • Full controlled acceleration and deceleration • Squat and rise from a full squat • No effusion or quadriceps atrophy

References:

Mammoth Orthopedic Institute
The Steadman Clinic
Dr. Peter Millett

PT name and date:

MD name and date: Approved by MD 11/28/2016

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