



Post-Operative Rehabilitation for ACL Reconstruction with Allograft

Phase I: 0-4 Weeks:

- **Emphasis on ROM and pain/swelling control**
- Typically minimal activities for first 7 days post-op to minimize swelling.
- Ice nearly continuously for first 2 weeks, and frequently thereafter
- Weight bearing as tolerated, however up only for bathroom/eating for first several days post-op
- Crutches are used until quad control and gait normalize (no extensor lag). No brace is typically used.
- ROM: Unrestricted range of motion when no meniscus repair is performed.
- Emphasis is on regaining full terminal extension including hyperextension symmetric to contralateral leg
 - **Goal is symmetric extension (including hyperextension) and at least 90° flexion by 2 weeks**
- Heel props, Heel slides (5 times/day for 10 min, each)
- SLR supine, quad sets, prone hangs
- Ankle Pumps, calf stretching, patellar mobilization
- May progress to step up/down quad exercises if motion and swelling allow

Phase II 4-12 Weeks

- **Maintain ROM and progress strengthening**
- ROM Goal: Full symmetric extension and at least 125 degrees flexion by week 6
- Mini Squats / Weight Shifts
- Progress with step up/down exercises (low intensity, high repetition: 50 reps, 6x/day)
 - Must have good technique before height is progressed
- Begin toe raises, closed chain extension, hamstring curls, stationary bike and side planks
- Proprioception training

Phase III (Advance strengthening phase) 12-16 Week:

- Maintain full knee ROM (must be symmetric to contralateral side by this phase)
- Progressive Squat program
- Leg Press, Lunges

- Advance closed chain strengthening exercises
- Retrograde treadmill ambulation, elliptical, Stairmaster, pool exercises
- 12 weeks: Begin straight forward running (treadmill) program when 8" step down satisfactory

Phase IV (Advance sport specific exercises) 16-24 Weeks:

- Maintain full knee ROM
- Continue Strengthening & Flexibility program
- *20 weeks:* Advance running to sprinting, backward running, cutting/pivoting/changing direction; initiate plyometric program and sport-specific drills
- *16 Weeks:* Start Plyometric program
 - Recommend every other day rest and monitor for swelling/pain.

Phase V (Return to sports) >6 months

- PENDING MD APPROVAL
- Strength maintenance
- Advance Plyometric program