

SIRAJ A. SAYEED, MD, MEng
**ACL RECONSTRUCTION – HAMSTRING AUTO / ALLOGRAFT
OR POSTERIOR TIBIALIS 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 10-14: Sutures/Staples 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 for 14 days

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 if patient has an Autograft**

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 1/4 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 1/4 body weight)

Continued on next page

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 1/2 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

Months 3 – 4

Iso kinetic 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

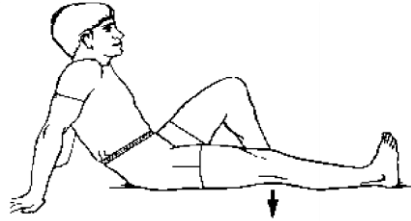
Return to all activities
Pass APFT at 6 months post-op

No contact sports until 6 months post-op

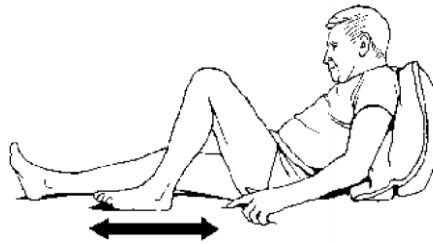
Knee Post Op Phase 1

Perform exercises below frequently: 30 reps 3-5x a day

Quad Isometrics



Heel Slides



Active Assisted Motion



**Ice Position 15
minutes 2-3 x per day**

