

ACL Reconstruction Protocol without Meniscus Repair

General	Begin passive range of motion (ROM) immediately after surgery unless instructed otherwise <ul style="list-style-type: none">• Full extension is emphasized at each visit and for daily exercises weight bearing status: Start with 50 percent weight bearing• All patients will use crutches and brace for at least first two weeks post-op Brace: Start locked in full extension for ambulation <ul style="list-style-type: none">• Unlock up to 0 to 90 degrees when adequate quad control (not until at least three weeks post-op)• Discontinue brace when gait mechanics are normal (usually four weeks post-op)
Week 1	Wall slides/heel slides (limit to 90 degrees of flexion) Prone hangs and heel props patellar mobilizations Ankle pumps and gastroc/soleus stretching Quad sets and straight leg raises (use brace with SLR until no extensor lag)
Week 2	Same as week one with the addition of: <ul style="list-style-type: none">• Toe raises/heel raises• Gentle hamstring stretch (do not force in patients with hamstring graft)
Week 3	Same as week two with the addition of: <ul style="list-style-type: none">• Stationary bike for ROM and aquatic walking therapy (if available)• Begin "body weight" strengthening through exercise; no open chain exercises• Start partial bending knee squats, wall sits
Week 6	Begin treadmill incline walking Aggressively push to full ROM if not present yet
Week 10	Single (operative) knee bends (limit to 90 degrees) Single (operative) leg balance/proprioception work (ball toss, mini-tramp) Stationary bike progressive time and resistance
Month 3	*Knee ROM should be full and painless and no knee swelling before starting Leg press up to 90 degrees (start with double leg and progress to single) Leg curls: Progress hamstring strengthening (hold if painful) Monster walks and half lunges
Month 4	Progress strengthening with exercises past 90 degrees flexion May begin jogging on treadmill with supervision Agility exercises: Start straight line and then progress to side-to-side (in brace)
Months 5 to 7	Sport specific training, agility and plyometric exercises with supervision <ul style="list-style-type: none">• Do not progress if poor landing technique or poor core control
Months 7 to 8	Return to sports only after functional testing and approval by therapist and Dr. Shook