

---

## ACL Reconstruction Protocol without Meniscus Repair

<b>General</b>	Begin passive range of motion (ROM) immediately after surgery unless instructed otherwise <ul style="list-style-type: none"><li>• Full extension is emphasized at each visit and for daily exercises weight bearing status: Start with 50 percent weight bearing</li><li>• All patients will use crutches and brace for at least first two weeks post-op</li></ul> Brace: Start locked in full extension for ambulation <ul style="list-style-type: none"><li>• Unlock up to 0 to 90 degrees when adequate quad control (not until at least three weeks post-op)</li><li>• Discontinue brace when gait mechanics are normal (usually four weeks post-op)</li></ul>
<b>Week 1</b>	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)
<b>Week 2</b>	Same as week one with the addition of: <ul style="list-style-type: none"><li>• Toe raises/heel raises</li><li>• Gentle hamstring stretch (do not force in patients with hamstring graft)</li></ul>
<b>Week 3</b>	Same as week two with the addition of: <ul style="list-style-type: none"><li>• Stationary bike for ROM and aquatic walking therapy (if available)</li><li>• <b>Begin</b> "body weight" strengthening through exercise; no open chain exercises</li><li>• Start partial bending knee squats, wall sits</li></ul>
<b>Week 6</b>	Begin treadmill incline walking Aggressively push to full ROM if not present yet
<b>Week 10</b>	Single (operative) knee bends (limit to 90 degrees) Single (operative) leg balance/proprioception work (ball toss, mini-tramp) Stationary bike progressive time and resistance
<b>Month 3</b>	*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
<b>Month 4</b>	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)
<b>Months 5 to 7</b>	Sport specific training, agility and plyometric exercises with supervision <ul style="list-style-type: none"><li>• <b>Do not progress</b> if poor landing technique or poor core control</li></ul>
<b>Months 7 to 8</b>	Return to sports only after functional testing and approval by therapist and Dr. Shook