

ACL REHAB PROTOCOL

Crutches	- For safety, wean when quad controls
Full Weight Bearing	- Immediately
Full Extension	- ASAP – goal < two weeks – avoid pillows under knee etc.
100 deg. Flexion	- ASAP – goal < two weeks
Normal range of motion	- as tolerated (expect by 6 weeks. Worry if extension loss 5 degrees or flexion less than 125 deg. by two months post-op. Watch for persisting effusion and knee swelling, modify activities, ice, compression, etc.)
Single leg squat – 45 deg.	- Immediate
Single leg squat- 90 deg.	- When leg control
Power walk- 50min	- When gait symmetrical
Power walk -20 min	- 8 weeks
Hop Single Leg	- As tolerated (when leg control)
Run	- Flat with control, no early acceleration, deceleration or downhill
Rotation Drill	- Approximately 8 weeks (start slow with control)
Pivot Drills	- 4 to 5 months
Downhill Run	- 4 to 5 months
Golf	- 3 to 4 months, no spikes, braced, as to walking tolerance
Court Sports	- 8 to 9 months (? brace for first reason)
Contact Sports	- 9 months (? brace for first year)
Sports Activity Brace	- IF required, fit at 4 months, use until 8 months post-op
Surgical technique	- Quad tendon or patellar tendon bone (20%) Hamstrings, STG (80%)