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Rehabilitation Guidelines for Arthroscopic- Assisted ACL Reconstruction

Day 1 to Week 2:

- Ice as indicated, no more than 20 minutes each hour
- WBAT with crutches. Discontinue crutches if able to stand on leg with brace locked
- Drop lock knee brace in locked position except when exercising. Remove brace for therapeutic exercise.
- Supine and prone sustained extension stretching. NEVER PUT ANYTHING UNDER THE KNEE.
- Soft tissue mobilization of scar.
- Supine wall slide
- Seated hamstring (carpet drags)/prone hamstring curls/sports cord knee flexion
- Stationary bicycle
- Isometric quadriceps contraction in complete/supported extension
- Biofeedback, techniques to overcome quad inhibition
- SLR x4 directions without extension lag, resistance above the knee. If lag, patient may perform SLRs with brace locked.
- Isometric quadriceps contractions at 0-65 with/without electric stimulation
- Patella mobilization
- Modalities to decrease swelling and pain
- Flexibility exercises: hamstrings, quadriceps, gastrosoleus, ITB and hip flexors
- Airdyne and UBE aerobic program/Upper body and core strength program

Week 2-3:

- Continue with the above program
- PWB balance actives
- Bilateral "mini squats" (0-40°) progress to semi-squats (0-80°)
- Bilateral leg press (0-80°)
- Bilateral calf raises
- Unlock brace for sitting (monitor for loss of extension). Continue with locked brace for sleeping
- Unlock brace for ambulation if SLR without lag

Week 3-4:

- Discontinue brace at night if extension is maintained
- Step-ups
- Walking on heels
- FWB balance and proprioception exercises (provided adequate quad control)

Week 4-5:

- Discontinue brace for ambulation. Monitor for loss of extension
- Short arc quads, isolated quad strengthening
- Wall sits
- Unilateral eccentric leg press
- Stairmaster as tolerated
- Lateral shuffles
- Double leg hops
- Profitter & slide board

Week 6-8:

- Full arc quads (isokinetic program- progress as tolerated)

- Single-limb hopping on leg press
- Eccentric "star" taps
- Eccentric step downs
- Aquatic program, if applicable
- Record Isokenetic test, KT 1000, KOS @ 6 weeks
- Introduce perturbation pregression

Week 8-12

- Single leg hops on ground
- Unilateral Eccentric Leg press
- Progress step height for step ups/down
- Bosu or stability step- ups
- Record Isokinetic test, KT 1000, Hip MMT, KOS @ 12 weeks
- Unilateral mini squat (0-40°)
- Advance in perturbation training

Week 12-16:

- Roller-blading and ice skating as tolerated
- Polymeric program: box jumps, scissor jumps
- Jogging Straight ahead
- Jump rope
- Lunges sideways/forward
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Week 17-24:

- Cutting | agility drills and sports- specific training
- Reactive jumping

