

TOA

TENNESSEE ORTHOPAEDIC ALLIANCE

ACL Reconstruction

Phase 1 – Motion and Mobility/Graft Protection

Weeks 0-2:

- Patellar tendon and patellar complex mobilization emphasized for at least the first 6-8 weeks
- WBAT, Brace locked at 0 degrees for ambulation and sleeping
- DC crutches when gait is non-antalgic
- Flexion and extension ROM with emphasis on symmetrical active hyperextension
- Quad sets and SLR (with NMES, biofeedback)

Weeks 3-6:

- Brace unlocked when quad control is adequate
- ROM: 0-125 degrees
- Open- and closed-chain terminal knee extension
- Open-chain hip strengthening
- Bike for motion starting at 1-2 weeks
- Double-leg shuttle leg press for muscle activation no earlier than 4 weeks (0-60 deg)
- Proprioception training
- *Avoid squatting on acutely inflamed knee

Phase 2 – Endurance

Weeks 7-12:

- Ensure full extension is maintained as closed-chain activities
- progress Squat progression, including double and single leg squats
- with sport cord Bridge, lunge and step-up progressions
- Balance progression
- Bike for cardiovascular fitness/quad endurance
- Progress from double-leg to single-leg activities; from stable to unstable surfaces
- Gradual initiation of frontal plane exercise

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Phase 3 – Strength

Weeks 13-20:

- Increase sets/duration of closed-chain strengthening in varied proprioceptive environments
- Initiate squat jump progression from shuttle to gravity dependent position
- Advance plyometrics from bilateral to unilateral as pt demonstrates knee control
- Emphasize deceleration and eccentric control
- *Pass sport cord test around 5 months to allow advanced agility progression to begin.

Phase 4 – Agility, Power, Return to Sport

- Sport-specific movement patterns practiced in supervised and controlled environment Graded re-integration into sport activities

Return to Activities

Running	Between 3-4 months when functional criteria met
Golf	Short irons at 4 mos, full swing w/long irons at 5 mos. Delay 4-6 wks if lead leg
Pivoting/cutting sport	When functional criteria are met and cleared by surgeon, typically 9 months at the earliest

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