

Central Texas

Sports Medicine & Orthopaedics, P.A.

ACL Reconstruction Physical Therapy Protocol

Week 1 – 2

- Quad sets
- SLR 3 Positions, 4 Planes
- Leg Press / Total Gym – Unilateral
- Calf Raises
- Prone Hangs
- Wall Slides for Knee Flexion
- Hamstrings / Gastroc-soleus stretch
- Proprioception Training
- Weight bearing as tolerated with brace locked 0° - crutches as needed
- Electrical Stimulation / Biofeedback for Quads Re-ed
- Cryotherapy – 15 minutes with knee at 0° Extension
- Bike when knee flexion is 100°
- Patella Mobilization
- Standing Hamstring curls
- Primary Goal of full passive flexion

Weeks 2 – 4

- Patella Mobilization
- Soft Tissue Mobilization
- Stretching
- Leg Press / Total Gym
- Squats
- Multi Hip Machine
- Hamstrings Curls – stand to sitting or prone machine
- Proprioception – Balance Board, single leg balance
- Bike / Elliptical
- Quad Sets – Electrical stimulation/Biofeedback as needed
- Cryotherapy
- Knee Flexion – wall slides to approximately 120° then prone knee flexion to full ROM by 6-8 weeks

Weeks 2 – 4 (continued)

- Gait Training: Around 3 wks post-op when maintaining 0° Extension with good Quad control, unlock the brace for ambulation
- Gait Training – Treadmill forward / Retro
- Step-ups – lateral, forward small steps – progress
- ROM: 0° Extension at least 120° Flexion

Weeks 4 – 8

- ROM: Gain full ROM
- Maintain 0° Extension
- Stretching
- Proprioception progression – Plyoball
- Strength: SLR goal of at least 5 pounds
- Leg Press, Ham Curls, Multi Hip, Total Gym

6 Weeks

- Floor Plyos, line jumping, jump rope
- Gait Training – Forward, Tetro, Lateral shuffle
- Wall squats, Squats with weights
- Lunges
- Treadmill
- Elliptical, Stair Climber
- LSU / FSU / RSU
- Lateral / Forward / Retro / Step ups/downs

Weeks 8 – 12

- Running Program – progression of straight-ahead distance, increase speed to full
- Workout Program – Progress resistance with exercises

Weeks 12 -16

- Running Program – Increase Speed
- Functional Running – figure 8, carioca, lateral agilities
- Sport specific activities

Please note that rehabilitation protocols are to be used as general guidelines in the overall treatment and plan of care for the patients of Central Texas Sports Medicine & Orthopaedics. Supervised treatment and care under physicians, physical therapists, and athletic trainers are essential in a patient progressing through each phase of the rehabilitation process. Our doctors, therapists, and trainers will determine the appropriate progression of the specific protocol for each patient.