

## **Dr. Allen ACL Reconstruction Rehabilitation Protocol**

### **Soft Tissue Allograft with Meniscus Repair/Root Repair**

#### **Phase I: Motion & Protection (Weeks 0-6)**

##### Weeks 0-4

- First post-op visit at 2 weeks, sutures will be removed at this visit
- Leave dressings in place until first PT visit (around POD #1-3)
  - Ok to shower POD #3
  - Don't soak wound, pat dry and cover with fresh bandage
- Cryotherapy, effusion control, pain management
- Scheduled NSAIDs & Tylenol
- Opioids for break through pain (goal to wean by end of week 2)
- Aspirin 81mg BID for DVT prophylaxis x4 weeks
- Crutches and non-weight bearing for 4 weeks
- Brace locked in full extension when ambulating x6 weeks
  - Can unlock brace from 0-90° for therapy and when resting
  - Brace required with 0-90° ROM for 6 weeks
- Rest with knee in full extension (no pillows behind knee when sleeping)
- Patellar mobilizations
- Prone hangs, heel props, quad sets, heel slides, 4-way SLRs, calf raises, ankle pumps

##### Weeks 4-6

- Continue crutches and brace
  - Ok to begin TTWB with crutches with brace locked in full extension



-ROM 0-90°

-Cryotherapy, effusion control, pain management

-Patellar mobilizations

-Prone hangs, heel props, quad sets, heel slides, 4-way SLRs, calf raises, ankle pumps

-Gentle stretching of hamstrings & gastroc-soleus complex

**Phase II: Full Motion & WB (Weeks 6-12) *RISK PHASE FOR RE-RUPTURE***

-Second post-op visit at 6 weeks (need full extension at this visit)

-Will wean from brace and off crutches after this appointment

-Continue cryotherapy, effusion control, pain modalities as needed

-Work to regain full motion

-Gait training to restore normal gait

-Stationary bike

-Progress to flutter kick swimming, pool jogging, stair climber (weeks 8-10)

-Walking, side step, step overs, forward and backwards

-Strengthening (closed chain start week 8)

-Prone hamstring curls, 4-way SLRs

-Closed chain presses

-Mini squats, ball squats, wall slides

-Bridge, clamshells, hip hikes

-Balance (weeks 8-12)

-Double leg balance, static progress to dynamic, progress to single leg

**Phase III: Strengthening and Jogging (Weeks 12-20)**Weeks 12-16

- Third post-op visit at 12 weeks
- Maintain full motion
- Begin straight line jogging
- Advance closed chain exercises
- Advance balance exercises

Weeks 16-20

- Biodex testing at 16 weeks (goal ~70% of unaffected extremity)
- Progress cardio (biking, swimming, elliptical)
- Progress running program
- Initiate low velocity agility drills
  - Skipping, side shuffle, carioca, crossovers, backwards jog
- Double leg landing/jumping mechanics

**Phase IV: Agility & Landing (Weeks 20-28)**Weeks 20-24

- Advance running program
- Initiate high velocity agility drills
  - Cutting, pivoting, ladder drills,
- Single leg landing/jumping mechanics
- Sport specific drills
- Biodex testing (goal ~85% unaffected extremity)



Weeks 24-28

- Fourth post-op visit at ~24 weeks (6 months)
- Advance sport activity
  - Non-competitive drills x2 weeks
  - Competitive drills x2 weeks

**Phase V: Return to sports (Weeks 28+)**

- Return to full sport participation (not before 7 months)
    - Non-contact practice x2-4 weeks
    - Contact practice x2-4 weeks
    - Brace fitting for downhill skiers
  - Game competitions (7-10 months post-op)
- Final follow up @ 1 year post-op