



Orthopaedic Protocols

ACL Reconstruction Protocol (TRADITIONAL)

Phase 1

0-2 weeks:

Weight bearing:

- Weight bearing as tolerated
- Discontinue crutches with 10-14 days

ROM:

- Knee extension – full passive & active assistive (prone hangs/towel extension)
- Active knee flexion 90 degrees

Strength:

- NMES assist in quad contraction
- Quad sets/SLR (all planes)
- Heel Slides
- Hamstring curls (prone/standing)
- Knee extension (90-60 degrees)/proximal resistance
- Stationary bike – low resistance
- Toe presses

Phase II

3-5 weeks

Weight bearing:

- Full weight bearing without assistive device

ROM:

- Full active extension
- Knee flexion 120 degrees

Strength:

- Continue all exercises listed above
- Wall squats
- Initiate isotonic resistance exercises
- Treadmill

ACL Protocols – Traditional

Phase III

6-12 weeks:

Weight bearing:

- Within normal limits

ROM:

- Within normal limits

Strength:

- Continue all exercises listed above
- Progressive close-chain activities
- Stationary bike-progress resistance
- Treadmill (forward/retro/inclines)
- Stair master/cross country/ski machine

* At 4 months patient may begin jogging/running