

**Ronak M. Patel, MD**  
**ACL Rehabilitation Protocol**

	<b>Goals and Benchmarks</b>	<b>Brace/ WB Status</b>	<b>Rehabilitation Guidelines</b>
<b>Phase I</b> Weeks 0-2	Initial PT Visit post-op day 1-7 Dressing change if requested by MD Good quad control; focus on full extension Flexion: end wk 1 90° Patellar Mobilization	WBAT w/ crutches (NO BRACE) unless specified by Dr. Patel (i.e. meniscal repair*)	Quad sets, Controlled wt shifts, Mini squats SLRs - 4 direction hip (in brace until able to perform without lag) Quad re-ed with Estim if needed  CKC TKEs in painfree ROM (0-30°)  Patellar mobs: medial-lateral first, followed by superior-inferior
	<b>2 wks: SLR no lag; ROM 0-110°; Normal gait (full TKE during stance phase)</b>		
Weeks 2-6	Maintain full knee extension Minimal swelling/jt effusion	D/C brace if wearing by 4- 6wks	Progress CKC: Step ups, Step downs, Leg press in small arc Introduce PROPRIO balance training protocols Introduce DL and SL squatting mechanics Stationary bike as ROM allows  Retro walking on inclined TM at 4 wks; elliptical at 5-6 wks  Incorporate hip/core strength; progress WB ex to unstable surfaces
	<b>4 wks: SLB x 30 sec without error; ROM 0-130°</b>		
	<b>6 wks: 4" Lat step down with good control; Slow TM walk, without UE x 5' and no limp Full ROM: delay progression until achieved</b>		
<b>Phase II</b> Weeks 6-12	No more than trace joint effusion, 0/10 pain Full ROM (equal bilateral)	Full	Introduce PROPRIO ACL DL, progress to SL protocols Focus on proper SL eccentric hip and knee control Progress functional mvmts: frontal to sagittal to transverse plane Advanced hip and core stabilization Introduce PWB plyometrics, light agility (1/4 speed ladder) at 10 wks  Straight line running can be initiated after fast TM walking
	<b>8 wks: DL squat to 90° without wt shift SL squat to 45° with good hip/knee control</b>		
	<b>10 wks: Timed 1/3 SL squat to table x 30 sec Fast TM walking, without UE x 5 min symmetrically; advance to straight line running</b>		
	<b>12 wks: Timed 1/3 squat test x 30 sec (70% uninvt) Leaping with good control; Y-test</b>		
<b>Phase III</b> Weeks 12- 16**	Full ROM, 0/10 pain, No joint effusion	Full	Running can progress to figure of 8 and pivoting movements  Introduce Dynamic warm-up, S-runs, controlled movements Initiate DL broad jumps, SL jumping focused on proper mechanics
	<b>16 wks: 8" Ant step down x 20, no UE support TM run/walk 3'/1' x 5 reps (20 mins), symmetrically Timed 1/3 squat test x 60 sec (70% uninvt) Y-test</b>		

**\*If meniscal repair NO FLEX > 90° X 4 WKS, TTWB x 2 weeks in brace in full extension → WBAT x 4 weeks in brace locked in full extension (Total 6 weeks of brace), unless otherwise indicated**

**Advance as tolerated after 6 weeks (including WB in flexion)**

**\*\*Return to play: consider functional return to sport assessment at Hinsdale Orthopaedics Westmont location**