

Ronak M. Patel, MD
ACL Rehabilitation Protocol

	Goals and Benchmarks	Brace/ WB Status	Rehabilitation Guidelines
Phase I 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
	2 wks: SLR no lag; ROM 0-110°; Normal gait (full TKE during stance phase)		
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
	4 wks: SLB x 30 sec without error; ROM 0-130°		
	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		
Phase II 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
	8 wks: DL squat to 90° without wt shift SL squat to 45° with good hip/knee control		
	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		
	12 wks: Timed 1/3 squat test x 30 sec (70% uninvt) Leaping with good control; Y-test		
Phase III 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
	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		

***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**